http://www.cerritosxc.com

CERRITOS CROSS COUNTRY

THE INSIDER

October 3, 2011
Volume IX Issue 12

Breathrough Performance at League

¤ LADY DONS HAND LA MIRADA THEIR FIRST LOST IN A DECADE; BOYS CLOSE WELL AND FINISH IN SECOND PLACE.

CERRITOS, CA - The Dons entered Thursday's meet unaware that it would end with great results. While the athletes will still look forward large individual improvements five weeks from the day of the meet, the Dons knew they accomplished something special, finishing the day with a 22-2 combined record.

The junior varsity girls started the day off on the right foot, as they closed to a 32-36 victory over La Mirada. Despite McIntyre's victory, the Dons were able to finish five in the top ten behind second place finisher Danielle Joslin. Alyssa Movchan, Aprille Hwang, Keilani Trias, and Caroline Luu closed out the scoring for the Dons to allowed the narrow margin of victory. Ana Magallanes also tacked on another point, by finishing in front of La Mirada's fifth runner.

Norwalk took a commanding 17-38 victory over the junior varsity boys, however, the time differential was not very significant. The Dons stacked five in the top ten, which should leave them hopeful to catching up with the Lancers by league finals. Kelvin Huang and Shrineel Patel paced the Dons to their 5-1 league record.

The girls varsity team accomplished what no team has since 2000, a victory over La Mirada in league. The Dons finished seven girls in front of La Mirada's fourth and handed them a 41-53 loss behind the efforts of Athalia Magaña and Connie Caliz who finished 2-3. Mayfair stacked four girls in front of the Dons' third, however, without their frontrunner, the Dons were able to also defeat the Monsoons 41-57. Audrey Lee, Monique Gavilanes, Jennifer Park, Jessica Kim, and Ashley Juarez made up the pack finishing in the top 15.

The boys looked locked for third place with 200m to go, as they trailed Norwalk and Mayfair, however, a late surge by the Dons allowed them to gain twelve points and turn a ten point deficit into a two point edge 66-68. Ganesh Tilve and Joshua Quarles paced the Dons up front to the second place finish and a 5-1 record.

The largest career PR on the day was Mignon Gau at 1:39 while Warin Jet Chosawasdi and Eddie Hsiang topped the 2011 PRs at 3:20 and 1:52. Improvements from 2010 included Mario Angioano (3:19), Shrineel Patel (2:22), Jonathan Carranza (1:47) and Eunice Hong (1:19).

Non-League Dual vs Downey

Cerritos will host a non-league dual meet versus Downey on campus at Cerritos High School. Boys will compete in grade level groups while the girls will compete in one race. Thirty medals will be given out per gender as divided below. Races may be delayed 15 minutes to avoid any issues in the parking lot.

3:15pm - Boys Freshmen-Sophomore (Top 10)
3:45pm - Girl (All) (Top 30)
4:15pm - Boys Junior-Senior + Varsity (Top 20)

Clovis Invitational

There will be a Clovis Invitational meeting on Monday, October 3, 2011 after practice to briefly go over the plan for the invitational. Athlete should also bring their permission slips and payments with them. All information necessary to the trip will be included on the paperwork.

11:35pm - JV Girls; 12:05pm - JV Boys
12:30 - Girls Varsity; 1:00 - Boys Varsity

Picture Day

Picture day is on Tuesday, October 12, 2011. We will be taking pictures on campus this year and will have the library photoshopped into the background for the full team picture. We also will be taking separate varsity pictures. You will need to bring your full jersey, team shirt, and running shoes for the picture. PLEASE DO NOT FORGET! After pictures, we will complete our fifteen minute pre-race run.

Suburban League Cluster #2

We will be traveling to La Mirada Park for the second Suburban League Cluster. The meet counts for 1/4 of the league points.

11:45pm - Release
12:15pm - Depart
2:15pm - Girls Jr. Varsity
3:15pm - Boys Jr. Varsity
3:45pm - Girls Varsity
4:15pm - Boys Varsity

Southern California Invitational

If you will not be attending the Southern California Invitational in Oceanside, CA on October 15 (PSAT Day), you must e-mail Coach Watanabe by October 6. Any messages beyond that date will receive an unexcused absence. We will depart at about 5am and will return at about 4pm (as we will be stopping for lunch).

Upcoming Events

ASAP	Option #1 Donations
10/05	Non-League Cluster, 3:15p
10/07-08	Clovis Invitational, 10a
10/12	Picture Day, 3pm
10/13	Suburban Cluster #2, 2:15p
10/14	SoCal Invite Potluck, 6p
10/15	Southern California Invite
10/21	Mt. SAC Invitational, 12p
10/22	Knott's Scary Farm (Tent)
11/03	League Finals, 2p

Highlights

SLC1 Athletes of the Meet
Caroline Luu, Joshua Quarles, Ana Magallanes
Kent Chen, Mignon Gau, Sapan Doshi
Connie Caliz, Ian Chiang, Audrey Lee

Warren Athletes of the Meet
Breanna Lopez, Andrew Shen Allison Wong
Michael Hugh, Ashley Juarez, Markus Lavadores

Honorable Mentions
Alyssa Movchan, Warin Chosawasdi, Eunice Hong
Dennis Pundumri, Clarissa Carcamo
Maritza, Huizar, Richard Truong, Anne Chung

Freeze Frames

Quotable Corner

"Most people never run far enough on their first wind to find out they've got a second."

- Williams James

You have much more inside of you than you have already displayed. Look deep inside yourself and build the confidence that you can go much further.

Contact Information
Coach Jason Watanabe
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562-397-0867

CERRITOS DISTANCE: THE FLIP SIDE

Cross Country Camp & Trip Information

Payment Deadline

Important payment deadlines are coming up soon and it is very important that you get your donations/payments in on time! If you have yet to submit your payment for Mammoth, you are officially late and must submit that payment ASAP! Deadlines are for second tier deadlines.

October 7 - Option #1 Donation $200/215
October 14 - Oregon Late Payment $375

Dons Speed Through Hollydale Park at the Warren Invitational

SOUTH GATE, CA - Almost half of the Dons who attend the Warren Invitational now have new career personal records, as twenty of the athletes who attended of the 46 who raced bested their personal bests. Another four found their way to new PRs for their 2011 campaign. Also, despite the invitational decreasing their number of awards this year, one fourth of the team also medaled on the day.

In the freshman girls race, Alyssa Movchan was the head of the pack as she raced to a new PR of 22:18, with classmate Breanna Lopez setting a new PR in 23:11. Markus Lavadores (18:13), David Kim (18:52), Michael Hugh (19:35), and Christian Cortez (19:53), also found their way to new PRs. Ashley Juarez (21:14) and Monique Gavilanes (21:36) moved along nicely in the senior girls race as Gavilanes moved to an earlier race due to a time conflict. Andrew Shen (16:46) bested his PR in 24th with Dennis Pungdumri almost attaining his on the day. The sophomore girls beasted on the day with five new career PRs behind Kristy Cheng (0:09), Minh-Thao Vo (0:51), Allison Wong (0:56), Anne Chung (2:39), and Allison Sam (1:35) finding improvements. The sophomore boys added another three PRs to the total behind Shrineel Patel, Arth Patel, and Mario Anguiano, however, even more impressive was the fact that Mario Anguiano and Shrineel Patel improved by 3:03 and 2:53 from this same meet last season. The juniors each had one PR in Maritza Huizar (1:43) and Raymond Lim (0:16) and also had two who improved from last season in Jasmine Armas (1:10), Raymond Lim (0:43), Eunice Hong (0:39), and Ganesh Tilve (0:09).

While many were off in different directions on the day, the Dons found that they still had a hoard of PRs still in them that they would be able to use to build momentum for the weeks ahead.

Important Dates
10/5 - Non-League Dual Meet
10/7-8 - Clovis Invitational
10/7 - Homecoming Game
10/13 - Suburban League Cluster #2
10/15 - Southern California Invitational
10/21 - Mt. SAC Invitational
11/3 - Suburban League Finals
11/5 - CIF Night on the Town
11/12 - CIF Preliminaries

The History Books CHS & Woodward Park

FRESNO, CA - Woodward Park is home to the California State Championships and every so often the Dons make a trek to the Clovis Invitational. However, like most meets, many Dons do not know the records that stand for our school at each course. As we prepare for the two weeks ahead, we can see the records that currently stand for Cerritos on both the Woodward Park course and of course the Cerritos home course. Will some of the greatest names in school history be de-throned from their #1 spot? Only you can decide!

Woodward Park (5k)

	Girls	Boys
Overall	Leann Yi, 18:43	Karantej Kohli, 16:53
9th	Ch. Alarid, 20:26	Raemon Rodriguez, 17:00
10th	Leann Yi, 18:43	Thien-Nam To, 16:56
11th	Gina Tai, 19:44	Jemerald Soon, 16:55
12th	Melody Lim, 20:59	Karantej Kohli, 16:53

Cerritos High School

	Girls	Boys
Overall	Jessica Sunio, 18:38	Thien-Nam To, 15:20
9th	Ch. Alarid 19:48	Stephen Chiu, 16:34
10th	Leann Yi, 18:48	Thien-Nam To, 16:32
11th	Jessica Sunio, 18:38	Thien-Nam To, 15:40
12th	Gina Tai, 18:51	Thien-Nam To, 15:20

Rock the Vote

CERRITOS, CA - Your last chance to vote is coming up today, as the voting for Homecoming closes! Please be sure to go to cerritoshs.com to get the link for the voting for homecoming. We have two beautiful nominees from our cross country team and we hope that one of them will be crowned the homecoming queen. So get onto your computers and vote and also encourage your friends to vote! They can only win if you vote, so get out there and vote today.

Iolani Invitational
*A JV team may be added if at least ten athletes qualify for one gender.

Academics (3.5 - Grace: 3.0)
Attitude/Attendance/Citizenship
Fundraising ($300)
Mammoth Camp Attendance
Community Service (10 hours)
Performance Standards (Below)

2-MiXC	11:20/11:30	13:40/13:55
3-MiXC	17:30/17:45	21:30/21:45
5kXC	17:50/18:15	21:50/22:15
1.5MiX	9:15/9:25	10:30/10:40
800m	**2:12/2:15**	**2:40/2:45**
1600m	**5:00/5:10**	**6:00/6:10**
3200m	**10:50/11:05**	**13:10/13:30**
1500m	**4:45/4:50**	**5:37/5:50**
3000m	**13:10/13:25**	**12:20/12:35**
Steeple	**7:40/7:50**	**9:25/9:40**

*** A minimum of one time must be completed in track & field.**
^ Qualifying must be completed by July 4, 2012

Girls
Jennifer Park, Monique Gavilanes
Connie Caliz, Jessica Kim,

Boys
Ganesh Tilve, Joshua Quarles, Jonathan Carranza
Raymond Lim, Shrineel Patel

THE INSIDER

THE COLUMN "LEAGUE"

THE COLUMN: LEAGUE

Why is there so much emphasis place on league races?

Some of you have heard the emphasis placed on the league races, but you may not know why league is so important. Here is some insight into why its so important and how it is scored.

League determines who advances to CIF and will also determine the varsity and junior varsity league champion, which adds to the total for the ironman league award. Only varsity teams will advance to CIF, however, the top ten or twelve athletes will be invited to join the team during CIF competition based on performances at league, previous performances, and also dedication to the program.

Each cluster meet is worth 1/4 of the total standings for the entire league season. For every team that we beat in a cluster, we earn one point. Thus, as of now, our boys each have five points and our girls six points.

The first cluster meet is scored as invitational scoring where all teams are scored together. If you are in the top five, you earn the number of points based on the place you finished (ie. if you finished 12th, you earned 12 points). The less points your team has, the better. The second cluster meet is scored as dual meet scoring. Each team races in one big race. At the end, the meet is scored, one team versus another. For example, if all the Cerritos athletes and all the La Mirada athletes were pulled from the race, someone who placed 20th overall, could not finish any higher than 14th place, since only the top seven are counted. Thus, in dual meet scoring, a tight pack is important and having a frontrunner is not as big of an advantage.

League finals counts for one-half of the point total for the final league standings and is the tie-breaker for determine final placement. Thus, if a team were to finish second, second, then first and another team were to finish first, first, second, the team who finished first at league finals would be tied with the other team, but would receive the league tie breaker and will be determined the league champion.

In addition, all-league and MVP points are determined using a point system as well with each cluster being worth one-fourth and league finals accounting for one-half of the point totals. The top ten athletes in each race will receive a point for finishing in the top ten with the first place finisher receiving ten points and the tenth place finisher receiving one point. At league finals, that point total is doubled. The total for the three meets will equal their placement in league. The top fourteen finshers at league finals are considered all-league and any athlete earning points is considered an honorable mention. If an athlete finishes in the top ten at the Suburban League Finals, they will receive a medal (varsity and jr. varsity league champion at the meet, all others at the banquet).

Website Information
www.cerritosxc.com
cerritos
mustardb

	Name	G	SLC211	CONV	3PR11	+/-	3PRC	+/-	ROSE	SLC210	+/-	SLC109	SLC208	SLC207
F	Magaña, Athalia	12	20:13	19:53	19:01	0:52	19:01	0:52	18:39	20:22	0:09	22:36	22:14	
F	Caliz, Connie	11	20:30	20:09	20:09	0:00	19:20	0:49	SOC	21:34	1:04	21:20		
F	Lee, Audrey	12	21:34	21:12	20:50	0:22	20:50	0:22	20:25	21:17	0:17	23:00	26:40	
F	Gavilanes, Monique	10	21:38	21:16	20:24	0:52	20:24	0:52	20:00	W				
F	Park, Jennifer	11	21:44	21:22	19:57	1:25	19:30	1:52	19:34	21:36	0:08	24:52		
F	Kim, Jessica	10	21:45	21:23	20:34	0:49	20:34	0:49	20:10	21:59	0:14			
F	Juarez, Ashley	12	21:52	21:30	21:26	0:04	21:26	0:04	21:01					
F	Joslin, Danielle	11	23:00	22:37	21:52	0:45	21:14	1:23	21:30	22:31	0:29	23:33		
F	Movchan, Alyssa	9	23:38	23:14	22:48	0:26	22:48	0:26	22:21					
F	Hwang, Aprille	12	23:43	23:19	22:29	0:50	22:29	0:50	22:24	23:45	0:02	24:57	25:13	
F	Trias, Keilani	11	23:58	23:34	22:09	1:25	22:09	1:25	21:43	25:15	1:17	26:15		
F	Luu, Caroline	11	24:01	23:37	22:55	0:42	22:28	1:09	22:38	24:12	0:11	24:47		
F	Magallanes, Ana	10	24:06	23:42	23:17	0:25	23:17	0:25	22:50	25:05	0:59			
F	Muralidharan, Revathi	12	24:14	23:50	22:50	1:00	22:50	1:00	22:23	23:23	0:51	24:24	23:36	
F	Armas, Jasmine	11	24:17	23:53	20:20	3:33	22:20	1:33	21:54	25:13	0:56			
F	Liu, Charissa	10	24:28	24:03	23:42	0:21	23:42	0:21	23:14	24:32	0:04			
F	Hong, Eunice	11	24:39	24:14	23:32	0:42	23:19	0:55	23:04	25:58	1:19	24:58		
F	Pedroza, Lorena	9	24:42	24:17	-		-		UNEX					
F	Cortez, Natalie	11	24:48	24:23	22:05	2:18	21:38	2:45	21:39	22:50	1:58	28:16		
F	Hwang, Jennifer	10	25:06	24:41	23:45	0:56	23:36	1:05	23:17	24:51	0:15			
F	Cortez, Yasmin	12	25:16	24:51	24:19	0:32	22:04	2:47	23:50					
F	Chu, Megan	9	25:42	25:16	25:30	0:14	25:30	0:14	25:00					
F	Gee, Kaitlyn	10	25:48	25:22	24:05	1:17	24:05	1:17	23:37					
F	Carcamo, Clarissa	11	26:10	25:44	23:41	2:03	23:41	2:03	23:13	27:27	1:17			
F	Hulett, Victoria	11	26:16	25:50	23:33	2:17	23:33	2:17	24:13	25:38	0:38			
F	Lopez, Breana	9	26:25	25:59	25:26	0:33	25:26	0:33	25:14					
F	Gau, Mignon	9	26:33	26:06	27:45	1:39	27:45	1:39	27:12					
F	Cheng, Kristy	10	26:35	26:08	25:01	1:07	25:01	1:07	24:31					
F	Huang, Ginny	10	27:01	26:34	25:22	1:12	24:56	1:38	24:52	26:00	1:01			
F	Chu, Murphy	11	27:02	26:35	25:03	1:32	24:36	1:59	24:33	27:14	0:12	30:01		
F	Lee, Tonya	11	27:13	26:46	26:02	0:44	23:56	2:50	25:31	25:21	1:52	31:28		
F	Guanio, Anastasia	10	27:15	26:48	25:21	1:27	25:14	1:34	25:50	27:43	0:28			
F	Chen, Kelly	11	27:23	26:56	25:16	1:40	24:53	2:03	24:46	27:33	0:10			
F	Permalino, Alysza	12	27:37	27:09	26:15	0:54	26:15	0:54	25:44	27:25	0:12	30:00		
F	Chen, Celine	10	27:58	27:30	25:33	1:57	25:33	1:57	25:03					
F	Vo, Minh-Thao	10	28:19	27:41	25:55	1:46	25:55	1:46	25:24					
F	Nanda, Muskaan	11	28:22	27:54	-		-							
F	Lau, Florence	9	28:24	27:56	26:19	1:37	26:19	1:37	25:48					
F	Wong, Allison	10	28:33	28:04	27:24	0:40	27:24	0:40	26:52					
F	Shimoda, Amanda	12	29:41	29:11	25:51	3:20	23:18	5:53	25:20	W		26:10	25:23	
F	Won, Jeannie	9	29:45	29:15	26:06	3:09	26:06	3:09	25:35					
F	Sam, Allison	10	30:08	29:38	29:53	0:15	29:53	0:15	W					
F	Sok, Janet	12	30:18	29:48	30:36	0:48	26:23	3:25	W	28:47	1:31	33:30		
F	Uy, Kristy Marie	11	21:03	31:34	-		-							
F	Davis, Ronni	11	32:34	32:01	27:44	4:17	27:44	4:17	27:11					
F	Chao, Yi-Ling	11	32:35	32:02	27:48	4:14	27:48	4:14	27:15	W				
F	Dulay, Sherilyn	10	21:24	32:06	-		-							
F	Uy-Gomez, Maelia	9	32:40	32:07	-		-							
F	Huizar, Maritza	11	33:10	32:37	-		-							
			105:39											
M	Tilve, Ganesh	11	16:56	16:39	16:16	0:23	16:06	0:33	15:57	16:55	0:01	18:20		
M	Quarles, Josh	10	17:26	17:08	16:49	0:19	16:45	0:23	16:29	17:53	0:27			
M	Chiang, Ian	12	17:42	17:24	17:13	0:11	17:13	0:11	16:53					
M	Shen, Andrew	12	17:42	17:24	17:09	0:15	16:52	0:32	16:49	17:48	0:06	18:38	20:05	
M	Carranza, Jonathan	10	17:43	17:25	16:58	0:27	16:58	0:27	16:38	19:30	1:47			
M	Lim, Raymond	11	17:44	17:26	17:19	0:07	17:19	0:07	17:19	18:12	0:28	21:09		
M	Huang, Kelvin	12	18:01	17:43	17:47	0:03	17:30	0:13	17:26	18:32	0:31	20:58		
M	Patel, Shrineel	10	18:12	17:54	17:13	0:41	17:31	0:23	16:53	20:34	2:22			
M	Tran, Mike	12	18:26	18:07	17:12	0:55	16:54	1:13	16:52	18:13	0:13	19:28	22:54	
M	Lee, Frank	10	18:30	18:11	17:38	0:33	17:15	0:56	UNEX	18:01	0:29			
M	Batres, Benjamin	10	18:48	18:29	17:56	0:33	17:50	0:39	17:35	19:32	0:44			
M	Caliz, Arthur	10	18:55	18:36	17:58	0:38	17:58	0:38	SOC	18:40	0:15			
M	Kim, Isaac	10	19:30	19:10	18:32	0:38	18:32	0:38	18:10	19:51	0:21			
M	Vongphanichith, Timothy	12	19:35	19:15	18:03	1:12	17:29	1:46	17:42	18:12	1:23	20:08	21:59	
M	Lavadores, Markus	9	19:55	19:35	18:44	0:51	18:44	0:51	18:22					
M	Suh, Joshua	12	19:57	19:37	18:40	0:57	18:40	0:57	18:18	W		22:20		
M	Kim, David	9	19:58	19:38	19:52	0:13	19:52	0:13	UNEX		19:58			
M	Chen, Kent	12	20:12	19:52	19:24	0:28	19:24	0:28	19:01	20:25	0:13	23:08		
M	Hojo, Brandon	12	20:24	20:03	19:13	0:50	18:46	1:17	18:50	20:27	0:03	23:02	21:54	
M	Aguirre, Mark	11	20:26	20:05	18:36	1:29	18:36	1:29	18:26	20:06	0:20			
M	Kim, Andrew	9	20:34	20:13	19:35	0:38	19:35	0:38	19:12					
M	Lee, Darren	12	21:04	20:43	19:47	0:56	19:35	1:08	19:24	21:14	0:10	23:03		
M	Anguiano, Mario	10	21:09	20:48	20:05	0:43	20:05	0:43	19:41	24:28	3:19			
M	Zhuang, Mike	12	21:12	20:51	19:40	1:11	19:40	1:11	19:17					
M	Kim, Jonathan	10	21:15	20:54	-		-							
M	Pungdumri, Dennis	12	21:21	21:00	20:28	0:32	20:28	0:32	20:04	W		24:56		
M	Hugh, Michael	9	21:47	21:25	20:28	0:57	20:28	0:57	UNEX					
M	Chang, Kevin	10	22:12	21:50	21:05	0:45	20:57	0:53	W	21:23	0:49			
M	Lee, Darren	11	22:14	21:52	18:57	2:55	18:41	3:11	18:35	21:56	0:18			
M	Truong, Richard	10	22:30	22:07	22:23	0:15	21:55	0:12	21:57					
M	Ninh, Phillip	11	22:31	22:08	20:58	1:10	20:58	1:10	20:33					
M	Huang, Lance	10	23:09	22:46	20:45	2:01	19:24	3:22	20:30	21:09	2:00			
M	De La Fuente, Patrick	10	23:12	22:49	19:37	3:12	19:37	3:12	19:38	21:28	1:44			
M	Sridhar, Bala	10	23:35	23:11	22:38	0:33	22:38	0:33	22:22					
M	Doshi, Sapan	9	24:01	23:37	22:56	0:41	22:56	0:41	CL					
M	Chun, Mark	11	24:03	23:39	22:39	1:00	21:36	2:03	22:12	22:41	1:22	27:12		
M	Yee, Joshua	12	24:33	24:08	22:07	2:01	22:07	2:01	21:41					

			87:45											
M	Gandhi, Ankur	12	25:15	24:50	23:22	1:28	23:22	1:28	22:54					
M	Chen, Brian	10	25:20	24:55	22:27	2:28	22:27	2:28	UNEX					
M	Chao, Vincent	12	25:31	25:05	24:12	0:53	24:12	0:53	23:43	W			29:37	
M	Hu, Matthew	11	25:36	25:10	-		-			23:47	1:49	33:40		
M	Cortez, Christian	9	25:53	25:27	20:10	5:17	20:10	5:17	19:46					
M	Wan, Lawrence	10	26:11	25:45	24:03	1:42	22:55	2:50	UNEX	25:08	1:03			
M	Rosano, Nathan	9	26:20	25:54	-		-							
M	Liu, Benjamin	9	27:29	27:01	-		-							
M	Hsiang, Eddie	10	30:01	29:31	31:23	1:52	26:21	3:10	W	29:24	0:37			
M	Chosawasdi, Warin	11	30:09	29:39	32:59	3:20	24:24	5:15	32:20	W				
M	Patel, Deemal	11	30:29	29:59	-		-							
M	Yagake, Bobby	10	20:54	31:21	33:42	2:21	33:42	2:21	35:25					
M	Mistry, Aditya	9	20:56	32:24	33:56	1:32	33:56	1:32	CL					
M	Yi, Jed	9	22:57	34:25	-		-							
F	Bocanegra, Brianna	11	S		24:01	######	23:42	######	23:33	29:51	######	28:21		
M	Beaulieu, Connor	11	W		21:29	######	21:29	######	21:04					
F	Chung, Anne	10	W		29:39	######	29:39	######	UNEX	W				
F	Han, Hannah	12	W		27:#0	######	23:30	######	23:02					
F	Hernandez, Krystal	11	INJ			######	23:08	######	22:41	W				
F	Hou, Katherine	9	W		30:27	######	30:27	######	29:51					
M	Kim, Aaron	9	INJU		23:52	######	23:52	######	UNEX					
F	Kim, Tiffany	10	W		28:38	######	26:53	######	28:04	28:36				
M	Ko, Isaac	11	?		20:52	######	20:30	######	UNEX	21:30		25:06	25:55	
M	Lin, Mitchell	11	W		18:55	######	18:55	######	W	21:42				
M	Patel, Arth	10	W		19:30	######	19:30	######	19:07	W				
F	Patel, Karishma	10	W		25:12	######	24:32	######	CL	26:20				
M	Pleasant, Andrae	10	IL		24:32	######	24:32	######	24:03					
F	Pleasant, Moriah	10	UNEX		21:26	######	21:26	######	CL	22:36				
M	Preciado, Christian	10	B		26:13	######	26:13	######	25:42					
F	Raghavan, Ramya	10	W		25:19	######	25:02	######	24:49	26:18				
F	Resultay, Erika	11	W		-	######	19:57	######	DNF	W		25:07		
F	Rhea, Lauren	10	W		24:11	######	24:11	######	23:42	28:22				
M	Shin, Stephen	10	UNEX		33:40	######	33:40	######	UNEX					
F	Ung, Nina	11	W		25:28	######	24:05	######	24:58	28:14				

Scoring	Team	1-3	SG	1-7	1-10
Girls Team	105:39	1:21	1:31	1:39	3:30
Boys Team	87:45	0:46	0:47	1:05	1:34

	Girls Varsity	SLC111	SLC210	SLC109	SLC208	SLC107	SLC106	SLC105	SLC104	DIFF
1	Magaña, Athalia	20:13	19:30	20:08	20:06	20:49	19:36	22:00	21:43	0:43
2	Caliz, Connie	20:30	19:40	20:20	20:26	21:31	20:25	22:03	22:07	0:50
3	Lee, Audrey	21:34	20:05	20:51	20:40	21:41	20:55	23:12	22:08	1:29
4	Gavilanes, Monigu	21:38	20:22	21:20	21:04	21:46	20:56	24:13	22:31	1:16
5	Park, Jennifer	21:44	21:17	21:47	21:25	21:51	21:16	24:27	22:42	0:27
6	Kim, Jessica	21:45	21:34	22:10	21:28	22:35	22:02	24:52	22:57	0:11
7	Juarez, Ashley	21:52	21:36	22:36	21:39	22:46	22:03	24:56	23:26	0:16
		105:39	100:54	104:26	103:41	107:38	103:08	115:55	111:11	4:45

	Boys Varsity	SLC111	SLC210	SLC109	SLC208	SLC107	SLC106	SLC105	SLC104	DIFF
1	Tilve, Ganesh	16:56	16:55	17:19	16:11	16:37	16:29	18:22	17:54	0:01
2	Quarles, Josh	17:26	17:21	17:27	17:09	17:11	17:33	18:41	18:15	0:05
3	Chiang, Ian	17:42	17:40	17:50	17:13	17:12	17:45	19:23	18:32	0:02
4	Shen, Andrew	17:42	17:48	18:20	17:19	17:44	17:47	19:30	18:52	0:06
5	Carranza, Jonatha	17:43	17:53	18:38	17:35	17:50	17:49	19:35	18:57	0:10
6	Lim, Raymond	17:44	18:01	18:47	17:39	18:00	17:49	19:39	18:58	0:17
7	Huang, Kelvin	18:01	18:01	18:52	17:52	18:02	18:29	19:57	19:02	0:00
		87:45	87:37	88:34	85:27	86:34	87:23	95:31	92:30	0:08

New Personal Records (2011)

	Name	G	SLC211	CONV	3PR11	+/-
M	Chosawasdi, Warin	11	30:09	29:39	32:59	3:20
M	Hsiang, Eddie	10	30:01	29:31	31:23	1:52
F	Gau, Mignon	9	26:33	26:06	27:45	1:39
F	Sok, Janet	12	30:18	29:48	30:36	0:48
M	Truong, Richard	10	22:30	22:07	22:23	0:15
F	Sam, Allison	10	30:08	29:38	29:53	0:15
F	Chu, Megan	9	25:42	25:16	25:30	0:14
M	Kim, David	9	19:58	19:38	19:52	0:13
M	Huang, Kelvin	12	18:01	17:43	17:47	0:03

New Personal Records (Career)

	Name	G	SLC211	CONV	3PRC	+/-
F	Gau, Mignon	9	26:33	26:06	27:45	1:39
F	Sam, Allison	10	30:08	29:38	29:53	0:15
F	Chu, Megan	9	25:42	25:16	25:30	0:14
M	Kim, David	9	19:58	19:38	19:52	0:13

Improvements from 2010 to 2011 (SLC - Cerritos)

	Name	G	SLC211	CONV	SLC210	+/-
M	Anguiano, Mario	10	21:09	20:48	24:28	3:19
M	Patel, Shrineel	10	18:12	17:54	20:34	2:22
M	Carranza, Jonathan	10	17:43	17:25	19:30	1:47
F	Hong, Eunice	11	24:39	24:14	25:58	1:19
F	Trias, Keilani	11	23:58	23:34	25:15	1:17
F	Carcamo, Clarissa	11	26:10	25:44	27:27	1:17
F	Caliz, Connie	11	20:30	20:09	21:34	1:04
F	Magallanes, Ana	10	24:06	23:42	25:05	0:59
F	Armas, Jasmine	11	24:17	23:53	25:13	0:56
M	Batres, Benjamin	10	18:48	18:29	19:32	0:44
M	Huang, Kelvin	12	18:01	17:43	18:32	0:31
F	Guanio, Anastasia	10	27:15	26:48	27:43	0:28
M	Lim, Raymond	11	17:44	17:26	18:12	0:28
M	Quarles, Josh	10	17:26	17:08	17:53	0:27
M	Kim, Isaac	10	19:30	19:10	19:51	0:21
F	Kim, Jessica	10	21:45	21:23	21:59	0:14
M	Chen, Kent	12	20:12	19:52	20:25	0:13
F	Chu, Murphy	11	27:02	26:35	27:14	0:12
F	Luu, Caroline	11	24:01	23:37	24:12	0:11
M	Lee, Darren	12	21:04	20:43	21:14	0:10
F	Chen, Kelly	11	27:23	26:56	27:33	0:10
F	Magaña, Athalia	12	20:13	19:53	20:22	0:09
M	Shen, Andrew	12	17:42	17:24	17:48	0:06
F	Liu, Charissa	10	24:28	24:03	24:32	0:04
M	Hojo, Brandon	12	20:24	20:03	20:27	0:03
F	Hwang, Aprille	12	23:43	23:19	23:45	0:02

	Name	G	WAR11	3PR11	+/-	3PRC	+/-	SLC211	WAR10	+/-	WAR09	WAR08
F	Park, Jennifer	11	20:28	19:57	0:31	19:30	0:58	21:44	19:30	0:58	21:36	
F	Juarez, Ashley	12	21:14	21:26	0:12	21:26	0:12	21:52				
F	Gavilanes, Monique	10	21:36	20:24	1:12	20:24	1:12	21:38	23:39	2:03		
F	Joslin, Danielle	11	21:48	21:52	0:04	21:14	0:34	23:00				
F	Movchan, Alyssa	9	22:18	22:48	0:30	22:48	0:30	23:38				
F	Cortez, Natalie	11	22:29	22:05	0:24	21:38	0:51	24:48	21:42	0:47	23:02	
F	Luu, Caroline	11	22:33	22:55	0:22	22:28	0:05	24:01			22:28	
F	Trias, Keilani	11	22:54	22:09	0:45	22:09	0:45	23:58			22:30	
F	Armas, Jasmine	11	22:56	22:20	0:36	22:20	0:36	24:17	24:06	1:10		
F	Lopez, Breana	9	23:11	25:26	2:15	25:26	2:15	26:25				
F	Cortez, Yasmin	12	23:24	24:19	0:55	22:04	1:20	25:16				
F	Hong, Eunice	11	23:47	23:32	0:15	23:19	0:28	24:39	24:26	0:39		
F	Bocanegra, Brianna	11	24:31	24:01	0:30	23:42	1:20	W				
F	Cheng, Kristy	10	24:52	25:01	0:09	25:01	0:09	26:35				
F	Vo, Minh-Thao	10	25:04	25:55	0:51	25:55	0:51	28:19				
F	Guanio, Anastasia	10	25:55	25:21	0:34	25:14	0:41	27:15	25:14	0:41		
F	Wong, Allison	10	26:28	27:24	0:56	27:24	0:56	28:33				
F	Pedroza, Lorena	9	26:55	24:17	2:38	24:17	2:38	24:42				
F	Shimoda, Amanda	12	26:57	25:51	1:06	23:18	3:39	29:41				23:18
F	Chung, Anne	10	27:00	29:39	2:39	29:39	2:38	INJ				
F	Sam, Allison	10	28:03	29:38	1:35	29:38	1:35	30:08				
F	Hou, Katherine	9	29:36	30:27	0:51	30:27	0:51	W				
F	Huizar, Maritza	11	30:54	32:37	1:43	32:37	1:43	33:10				
			106:23									
M	Tilve, Ganesh	11	16:08	16:16	0:08	16:06	0:02	16:56	16:17	0:09		
M	Shen, Andrew	12	16:46	17:09	0:23	16:52	0:06	17:42	17:12	0:26		19:22
M	Lim, Raymond	11	17:03	17:19	0:16	17:19	0:02	17:44	17:46	0:43	18:56	
M	Patel, Shrineel	10	17:16	17:13	0:03	17:31	0:15	18:12	20:09	2:53		
M	Tran, Mike	12	17:42	17:12	0:30	16:54	5:56	18:26	16:54	0:48	17:44	21:45
M	Batres, Benjamin	10	18:08	17:56	0:12	17:50	0:18	18:48	18:46	0:38		
M	Lavadores, Markus	9	18:13	18:44	0:31	18:44	0:31	19:55				
M	Hojo, Brandon	12	18:45	19:13	0:28	18:46	0:18	20:24	18:46	0:01		
M	Kim, David	9	18:52	19:38	0:46	19:38	0:46	19:58				
M	Patel, Arth	10	19:05	19:30	0:25	19:30	0:25	IL				
M	Lee, Darren	11	19:34	18:57	0:37	18:41	0:53	22:31	19:19	0:15		
M	Hugh, Michael	9	19:35	20:28	0:53	20:28	0:53	22:14				
M	Aguirre, Mark	11	19:42	18:36	1:06	18:36	1:06	20:26				
M	Anguiano, Mario	10	19:44	20:05	0:21	20:05	0:21	21:09	22:47	3:03		
M	Cortez, Christian	9	19:53	20:10	0:17	20:10	1:06	26:20				
M	Pungdumri, Dennis	12	20:29	20:28	0:01	20:28	0:01	22:12	20:32	0:03	21:25	
M	Ninh, Phillip	11	21:00	20:58	0:02	20:58	0:02	23:12				
M	Chen, Brian	10	22:27	22:27	0:00	22:27	0:01	25:36				
M	Beaulieu, Connor	11	22:40	21:29	1:11	21:29	0:02	W				
M	Hu, Matthew	11	23:27	-		-		26:11				
M	Chantaduly, Powin	9	26:17	-		-						
M	Chosawasdi, Warin	11	30:20	29:39	0:41	24:24	5:56	20:54	25:50	4:30		
M	Shin, Stephen	10	35:22	33:40	1:42	33:40	1:42	UNEX				
			84:55									
F	Caliz, Connie	11	SOC	20:09		19:20		20:30				
M	Caliz, Arthur	10	SOC			17:58		18:55				
F	Carcamo, Clarissa	11	R	23:41		23:41		26:10	25:26			
M	Carranza, Jonathan	10	MUN			16:58		17:43				
M	Chang, Kevin	10	MUN			20:57		22:30				
M	Chao, Vincent	12	MUN			24:12		25:53				
F	Chao, Yi-Ling	11	MUN	27:48		27:48		32:35				
F	Chen, Celine	10	MUN	25:33		25:33		27:58				
F	Chen, Kelly	11	MUN	25:16		24:53		27:23				
M	Chen, Kent	12	MUN			19:24		20:12				
M	Chiang, Ian	12	MUN			17:13		17:42				
F	Chu, Megan	9	MUN	25:16		25:16		25:42				
F	Chu, Murphy	11	MUN	25:03		24:36		27:02				
M	Chun, Mark	11	UNEX			21:36		87:45	22:00			
F	Davis, Ronni	11	MUN	27:44		27:44		32:34				

M	De La Fuente, Patrick	10	MUN			19:37		24:01				
M	Doshi, Sapan	9	MUN			22:56		24:33				
F	Dulay, Sherilyn	10	?	-		-		21:24				
M	Gandhi, Ankur	12	UNEX			23:22		25:31				
F	Gau, Mignon	9	MUN	26:06		26:06		26:33				
F	Gee, Kaitlyn	10	?	24:05		24:05		25:48				
F	Han, Hannah	12	MUN	27:#0		23:30		W				
F	Hernandez, Krystal	11	INJ			23:08		INJU				
M	Hsiang, Eddie	10	MUN			26:21		30:29				
F	Huang, Ginny	10	MUN	25:22		24:56		27:01				
M	Huang, Kelvin	12	SAT			17:30		18:01				
M	Huang, Lance	10	UNEX			19:24		23:35	20:10			
F	Hulett, Victoria	11	MUN	23:33		23:33		26:16				
F	Hwang, Aprille	12	MUN	22:29		22:29		23:43				23:07
F	Hwang, Jennifer	10	MUN	23:45		23:36		25:06				
M	Kim, Aaron	9	INJU			23:52		?				
M	Kim, Andrew	9	MUN			19:35		20:34				
M	Kim, Isaac	10	MUN			18:32		19:30				
F	Kim, Jessica	10	MUN	20:34		20:34		21:45	21:22			
M	Kim, Jonathan	10	MUN			20:54		21:15				
F	Kim, Tiffany	10	UNEX	28:38		26:53		W	30:27			
M	Ko, Isaac	11	UNEX			20:30		W				
F	Lau, Florence	9	MUN	26:19		26:19		28:24				
F	Lee, Audrey	12	MUN	20:50		20:50		21:34	20:55			24:41
M	Lee, Darren	12	SAT			19:35		21:04	20:09			
M	Lee, Frank	10	TENU			17:15		18:30	17:27			
F	Lee, Tonya	11	MUN	26:02		23:56		27:13				
M	Lin, Mitchell	11	INJ			18:55		W				
M	Liu, Benjamin	9	MUN			-		30:09				
F	Liu, Charissa	10	?	23:42		23:42		24:28	24:15			
F	Magallanes, Ana	10	?	23:17		23:17		24:06	23:42			
F	Magaña, Athalia	12	MUN	19:01		19:01		20:13	19:57			21:55
M	Mistry, Aditya	9	MUN			33:56						
F	Muralidharan, Revathi	12	SAT	22:50		22:50		24:14				22:53
F	Nanda, Muskaan	11	UNEX	27:54		27:54		28:22				
M	Patel, Deemal	11	UNEX			-		20:56				
F	Patel, Karishma	10	MUN	25:12		24:32		UNEX				
F	Permalino, Alysza	12	SAT	26:15		26:15		27:37	26:27		26:17	
M	Pleasant, Andrae	10	ILU			24:32		B				
F	Pleasant, Moriah	10	INJU	21:26		21:26		W	22:18			
M	Preciado, Christian	10	UNEX			26:13		W				
M	Quarles, Josh	10	R			16:45		17:26	17:00			
F	Raghavan, Ramya	10	MUN	25:19		25:02		W				
F	Resultay, Erika	11	R	-		19:57		UNEX	19:57			
F	Rhea, Lauren	10	?	24:11		24:11			29:10			
M	Rosano, Nathan	9	?			-		30:01				
F	Sok, Janet	12	SAT	29:48		26:23		30:18			32:11	
M	Sridhar, Bala	10	MUN			22:38		24:03				
M	Suh, Joshua	12	MUN			18:40		19:57				
M	Truong, Richard	10	?			21:55		23:09				
F	Ung, Nina	11	?	25:28		24:05			24:05			
F	Uy, Kristy Marie	11	?	-		-		21:03				
F	Uy-Gomez, Maelia	9	?	32:07		32:07		32:40				
M	Vongphanichith, Timothy	12	R			17:29		19:35	17:29		18:45	20:24
M	Wan, Lawrence	10	MUN			22:55		27:29				
F	Won, Jeannie	9	MUN	26:06		26:06		29:45				
M	Yagake, Bobby	10	?			33:42		22:57				
M	Yee, Joshua	12	SAT			22:07		25:15				
M	Yi, Jed	9	MUN			-		S				
M	Zhuang, Mike	12	SAT			19:40		21:12				

Scoring	Team	1-3	SG	1-7	1-10
Girls Team	106:23	1:08	1:50	2:05	2:43
Boys Team	84:55	0:55	1:34	2:05	2:57

	Girls Varsity	WAR03	WAR05	WAR06	WAR07	WAR08	WAR09	WAR10	WAR11	DIFF
1	Park, Jennifer	20:05	20:25	19:13	19:51	19:07	19:10	18:47	20:28	1:41
2	Juarez, Ashley	23:52	22:28	19:41	20:44	19:11	19:25	19:23	21:14	1:51
3	Gavilanes, Moniqu	26:08	22:29	19:45	20:45	19:16	19:39	19:30	21:36	2:06
4	Joslin, Danielle	27:01	23:55	20:23	21:00	19:58	20:16	19:51	21:48	1:57
5	Movchan, Alyssa		23:55	20:26	21:05	20:02	21:36	19:57	22:18	2:21
6	Cortez, Natalie		24:04	20:36	21:27	20:32	22:28	19:57	22:29	2:32
7	Luu, Caroline		24:40	21:16	21:35	20:50	22:30	20:55	22:33	1:38
		NT	111:50	99:28	103:25	97:34	101:06	97:27	106:23	9:56

	Boys Varsity	WAR03	WAR05	WAR06	WAR07	WAR08	WAR09	WAR10	WAR11	DIFF
1	Tilve, Ganesh	16:30	16:42	16:21	15:51	15:14	16:02	16:17	16:08	0:09
2	Shen, Andrew	17:00	17:36	16:23	16:17	16:15	16:47	16:43	16:46	0:03
3	Lim, Raymond	17:37	17:46	16:29	16:20	16:22	17:32	16:54	17:03	0:09
4	Patel, Shrineel	17:38	17:49	16:52	16:49	16:26	17:42	16:56	17:16	0:20
5	Tran, Mike	17:49	17:52	17:03	16:56	16:45	17:44	17:00	17:42	0:42
6	Batres, Benjamin	18:03	17:53	17:28	17:14	17:09	18:29	17:12	18:08	0:56
7	Lavadores, Markus	19:06	18:26	17:36	17:23	17:11	18:37	17:27	18:13	0:46
		86:34	87:45	83:08	82:13	81:04	85:47	83:50	84:55	1:05

New Personal Records (2011)					
	Name	G	WAR11	3PR11	+/-
F	Chung, Anne	10	27:00	29:39	2:39
F	Lopez, Breana	9	23:11	25:26	2:15
F	Huizar, Maritza	11	30:54	32:37	1:43
F	Sam, Allison	10	28:03	29:38	1:35
F	Wong, Allison	10	26:28	27:24	0:56
F	Cortez, Yasmin	12	23:24	24:19	0:55
M	Hugh, Michael	9	19:35	20:28	0:53
F	Vo, Minh-Thao	10	25:04	25:55	0:51
F	Hou, Katherine	9	29:36	30:27	0:51
M	Kim, David	9	18:52	19:38	0:46
M	Lavadores, Markus	9	18:13	18:44	0:31
F	Movchan, Alyssa	9	22:18	22:48	0:30
M	Hojo, Brandon	12	18:45	19:13	0:28
M	Patel, Arth	10	19:05	19:30	0:25
M	Shen, Andrew	12	16:46	17:09	0:23
F	Luu, Caroline	11	22:33	22:55	0:22
M	Anguiano, Mario	10	19:44	20:05	0:21
M	Cortez, Christian	9	19:53	20:10	0:17
M	Lim, Raymond	11	17:03	17:19	0:16
F	Juarez, Ashley	12	21:14	21:26	0:12
F	Cheng, Kristy	10	24:52	25:01	0:09
M	Tilve, Ganesh	11	16:08	16:16	0:08
F	Joslin, Danielle	11	21:48	21:52	0:04
M	Chen, Brian	10	22:27	22:27	0:00

New Personal Records (Career)					
	Name	G	WAR11	3PRC	+/-
F	Lopez, Breana	9	23:11	25:26	2:15
F	Huizar, Maritza	11	30:54	32:37	1:43
F	Sam, Allison	10	28:03	29:38	1:35
F	Wong, Allison	10	26:28	27:24	0:56
M	Hugh, Michael	9	19:35	20:28	0:53
F	Vo, Minh-Thao	10	25:04	25:55	0:51
F	Hou, Katherine	9	29:36	30:27	0:51
M	Kim, David	9	18:52	19:38	0:46
M	Lavadores, Markus	9	18:13	18:44	0:31
F	Movchan, Alyssa	9	22:18	22:48	0:30
M	Patel, Arth	10	19:05	19:30	0:25
M	Anguiano, Mario	10	19:44	20:05	0:21
M	Cortez, Christian	9	19:53	20:10	0:17
M	Lim, Raymond	11	17:03	17:19	0:16
M	Patel, Shrineel	10	17:16	17:31	0:15
F	Juarez, Ashley	12	21:14	21:26	0:12
F	Cheng, Kristy	10	24:52	25:01	0:09
M	Shen, Andrew	12	16:46	16:52	0:06
M	Hojo, Brandon	12	18:45	18:46	0:01
M	Chen, Brian	10	22:27	22:27	0:00

Improvement from 2010 to 2011 (Warren)					
	Name	G	WAR11	WAR10	+/-
M	Anguiano, Mario	10	19:44	22:47	3:03
M	Patel, Shrineel	10	17:16	20:09	2:53
F	Gavilanes, Monique	10	21:36	23:39	2:03
F	Armas, Jasmine	11	22:56	24:06	1:10
M	Lim, Raymond	11	17:03	17:46	0:43
F	Hong, Eunice	11	23:47	24:26	0:39
M	Batres, Benjamin	10	18:08	18:46	0:38
M	Shen, Andrew	12	16:46	17:12	0:26
M	Tilve, Ganesh	11	16:08	16:17	0:09
M	Pungdumri, Dennis	12	20:29	20:32	0:03
M	Hojo, Brandon	12	18:45	18:46	0:01