http://cerritosxc.weebly.com

CERRITOS CROSS COUNTRY

THE INSIDER

October 5, 2015
Volume XIII Issue 14

Dons Start Out on the Right Foot in League

¤ THE DONS BEGIN WITH A 22-2 RECORD AS A TEAM AS THEY TAKE THE LEAD IN THREE OF THE FOUR DIVISIONS AND SITTING IN A CIF SPOT IN THE FOURTH.

CERRITOS, CA - The Dons began the league season taking home the lead in three of the four divisions and sitting in third place, which currently has them with an edge on a CIF spot after the first cluster meet.

The girls junior varsity Dons started the day with a solid start as they moved up the pack throughout the race. Cailey Vitug led the charge with her second place finish in 23:02 along the 5km course. Bea Castrence kept it close on Norwalk, as she finished in fourth in 23:13. Eunice Lee gave the Dons the lead in sixth in 23:24 with Gina Huh and Melissa Oshiro sealing the deal as the top five finished in the top 11 overall. The Dons finished with 32 points, good enough for a 21 point victory over Norwalk.

The boys had a much tougher battle as La Mirada kept the score close the entire race as they split the top nine spots with Cerritos overall. Mario Amaro finished second for the Dons in 18:38 with Emmanuel Ramos, JiWoo Choi, and Derrick Yang giving the Dons a big advantage finishing 4-5-6. Kevin Sato closed it out as he finished in eighth place to seal the 25-31 victory over La Mirada. Both teams ran away from the rest of the field with only Mayfair cracking the top ten.

In the girls varsity race, the Dons kept the score close on La Mirada despite Samantha Huerta taking the top spot. Brianna Katsuda finished seventh in 21:05 with Catherine Lin in ninth in 21:59. Laura Sato was the third finisher for the Dons with Kayla Katsuda and Marie Chu finishing out the scoring for the Dons who finished in third place, defeating Mayfair 60-94.

The boys fell behind Norwalk and La Mirada early in the race, however charged back to regain the lead at the end of the day. Bill Chuang had a huge lead as he finished in first in 16:34. Jaineel Patel held on for fifth while the charging back of Alex Yao (10th), Derick Kwon (11th), and Nathan Edwards (15th) finished out the scoring for the Dons to give them a 42-51-55 victory over Norwalk and La Mirada.

The biggest career PRs on the day included Chong Cao (5:37), Lina Luo (4:24), Garrett Curtis (2:53), and Vignesh Muley (2:18).

The Dons will face the league teams again on October 15 at La Mirada Regional Park.

Four-Way Meet - Wednesday, October 7

The Dons will host Downey, Marina and Mayfair at Cerritos High School on Wednesday.

Release: 1:45pm [Check into 6th Period]
3:15pm - Boys Freshmen-Sophomores
3:45pm - Girls
4:15pm - Boys Junior-Seniors + Varsity
5:15/5:30pm - Depart

The meet is a friendly meet with Downey, Marina and Mayfair in order for the athletes to run fast times on a fast course. Athletes will be divided into divisions. Medals will be handed out for each division.

Getting the Right Shoes

Shoes are one of the most important ways of staying injury free during cross country! As stated in the parent packet, it is encouraged that athletes to go Roadrunner Sports to get their shoes, as they provide a good fit for your feet and style of running, however, you could pick up at least a lower end pair at Sportsmart or Big 5. It is worth the money to buy a pair at Roadrunners, but if you have a tighter budget, any running shoe will do. Please ask Coach Watanabe for more details.

Injured? Let Someone Know!

If you feel INJURED, be sure to let a captain or coach know ASAP. It is often normal to feel SORE in the quads and hamstrings from starting to run, but sharp pain in the knees, hips or shins should be reported. Often times it is wise to soak in hot water and massage out the tight muscles and then stretch well. Also, icing helps speed the process of recovery

Potluck at Vignesh's

The potluck this Friday will be held at Vignesh Muley's house. His address is:

Friday, October 9 - 6pm-9pm
18814 Stark Avenue
Cerritos, CA 90703

You must sign up for the potluck with Coach Watanabe on the clipboard. Please bring what you sign up for and be sure to bring $10-15 worth of the item that you bring.

At the end of the evening, please be sure to take your dishes/utensils that you brought with you. They may be thrown away if you do not claim them at the end of the night, as we do not want a lot of extra food/supplies.

Upcoming Events

TODAY	Stamped Blue Card Run 4-8mi Total this Wknd
10/6	Picture Day Bring Jersey, Team Shirt Running Shoes
10/7	Non-League Dual Cerritos HS, 3:15pm
10/9	Potluck at Vignesh's, 6pm
10/10	SoCal Invitational, 5am Guajome Park

Highlights

Athletes of the Meet: Billy York
Nathan Edwards, Jocelyn Zaman
Vignesh Muley, Bea Castrence
Grant Magante, Cailey Vitug

Honorable Mention
Chong Cao, Lina Luo
Jacob Chung, Ivy Jung
Isaiah Kim, Allice Yang
Kenneth Arrington, Jeanette Lopez

Freeze Frames

Lining Up

Sprint

Kick

Our Princesses

Quotable Corner

"Unity is strength ... when there is teamwork and collaboration, wonderful things can be achieved."

- Mattie Stepanek

Contact Information
Coach Jason Watanabe
wutanabe5@aol.com
562-397-0867

CERRITOS DISTANCE: THE FLIP SIDE

Cross Country Camp & Trip Information

Suburban League Cluster #2

Thursday, October 15
Release 11:20am
Depart 11:45am

2:15pm - Girls JV
3:15pm - Boys JV
3:45pm - Girls Varsity
4:15pm - Boys Varsity
5:15pm - Cleanup/Depart
6:00pm - Return to Bloomfield Lot

Bell Gardens Invitational

Cerritos Regional Park
Saturday, October 17

6:45am - Arrive to Park/Setup
8:00am - Open
8:30am - Senior Boys
9:00am - Senior Girls
9:30am - Junior Boys
10:00am - Junior Girls
10:30am - Sophomore Boys
11:00am - Sophomore Girls
11:30am - Freshmen Boys
12:00pm - Freshman Girls
12:45pm - Pick Up at Park

Picture Day - Tuesday, 10/6

Picture day will be on Tuesday, October 6th! You must have your jersey, team shorts, running shoes and the team shirt. You may also bring solid black shorts/spandex but please have your team shorts. DO NOT FORGET THESE ITEMS, as you will not be allowed to go home to get them and will receive a 2% deduction for missing practice! We will be doing a short run after pictures so please plan accordingly. Order envelopes will be available. Consider ordering, as the company may charge us in the future if we do not order any photographs!

SoCal Invitational - Saturday, 10/10

The Dons will travel to Oceanside for the SoCal Invitational. Please bring money, as you will be stopping for lunch before heading back home!

Guajome Park, Oceanside, CA

5:30am - Bus Departs (Bloom)
8:30am - Varsity Girls (1-3)
8:50am - Varsity Boys (1-3)
9:05am - Varsity Girls (4-5)
9:25am - Varsity Boys (4-5)
9:40am - Varsity Girls (6-7)
10:00am - Varsity Boys (6-7)
10:15am - JV Girls D1
10:40am - JV Boys D1
11:00am - Novice Girls D1
11:30am - Novice Boys D1
3:00pm - Return to CHS

* Please plan accordingly so that you are able to adjust to any race you may be entered into. Novice athletes will be designated.

Athletes who do not attend and have not properly canceled by Monday at practice will be charged the cancelation fee, which is $25 for this invitational due to transportation.

ten athletes qualify for one gender.

Academics (3.5 - Grace: 3.0)
Attitude/Attendance/Citizenship
Fundraising ($300)
Mammoth Camp Attendance (No Peittions)
Community Service (Cow Run, Library + 5 hours)
Performance Standards (Below)

	Qual/Grace/BQual	Qual/Grace/BQual
2-MiXC	11:20/11:30/11:45	13:40/13:55/14:10
3-MiXC	17:30/17:50/18:15	21:30/21:50/22:15
5kXC	18:05/18:25/18:50	22:15/22:35/23:00
1.5MiX	9:15/9:25/9:40	10:30/10:40/10:55
800m	2:12/2:15/2:18	2:40/2:45/2:50
1600m	5:00/5:10/5:15	6:00/6:10/6:15
3200m	11:00/11:10/11:20	13:10/13:30/13:40
1500m	4:40/4:50/4:55	5:37/5:50/6:00
3000m	10:20/10:30/10:40	12:20/12:40/12:50
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, 2015

Qualifiers - Standards
Mario Amaro (3miXC - B)
Marie Chu (3miXC-B)
Bill Chuang (2miXC, 3miXC)
Brianna Katsuda (2miXC-G, 3miXC)
Christie Kim (3miXC-B)
Jaineel Patel (2miXC-G, 3miXC)
Laura Sato (3miXC)
Alex Yao (3miXC)

(G) - Grace Standard - Qualifying mark will count with another mark.
(B) - B Standards - Qualifying mark will count for a JV qualifying mark if enough members qualify to a field a second team at the meet. PLEASE NOTE - Qualifying is not guaranteed with this mark.

Clothing Sale

If you ordered any items during the clothing sale, please be sure to pay attention to when they will be available. Items will be delivered throughout the week until all orders are complete.

Adoptions

We need to complete adoptions! If you are not adopted or have not adopted someone, we will be competing adoptions this week! Please be on the lookout for someone to adopt or for someone to adopt you! Let's grow our family tree and try to make it as strong as possible! Let's do this! We want to complete adoptions so that families can be together for any family events that we hold!

Be Alert & Team Policies

It is highly encouraged that you place your bags inside the locked van of Coach Watanabe. By leaving your bags outside, your risk losing your items. It is not the responsibility of the coaches if you choose to leave your bags outside. It is discouraged for you to have valuables with you at practice. If possible, leave them in a safer location. DO NOT PLACE YOUR BAGS ALONG THE FENCE, AS IT MUST OPEN. ALSO DO NOT PLACE YOUR BAGS IN FRONT OF THE RECYCLING GARBAGE BINS AS THEY SOMETIMES PICK THOSE UP DURING OUR PRACTICE TIME.

As another reminder, you should not have your phones with you during practice which includes stretching and sets. Wait to get your stuff until you complete practice! Also, it is encouraged that on future interval days, you bring your own water bottles to the field to save time.

THE INSIDER

THE COLUMN
"THE ROYAL LINES"

THE COLUMN: THE ROYAL LINES

What is the history of Cerritos Cross Country and the Homecoming Court?

It's always fun to discuss something aside from the normal running lingo all the time in the column. Well here is something that we've discussed before, but need to update you with the new additions to the royal lines.

For most organizations, getting someone into the top five or names as the homecoming queen is an amazing accomplishment, which it is. However, the cross country ohana has had a number of athletes and former athletes make it to the top five or be named the Homecoming queen.

- Last year, we had Deborah Park representing our team in the top five! She was an excellent representative of our organization as a member of the badminton teams as well as ASB.

- In 2013, the Homecoming Queen was a former cross country member, Anne Chung!

- In 2012, our very own Victoria Hulett was crowned the Homecoming Queen!

- In 2011, Aprille Hwang and Athalia Magana were both in the top five!

- In 2010, Jessica Sunio was crowned the Homecoming Queen!

- In 2009, Melody Lim started the trend as she was crowned the Homecoming Queen!

We have two current members of the cross country team in the top 21 nominees for Homcoming - Kayla Katsuda and Catherine Lin. Be sure to support them on Friday at the top 21 rally in the gym and also be sure to go out and vote if you're a senior online! Let's show that ohana spirit!

Website Information
www.cerritosxc.com
cerritos
mustard (NEW!!!)

		GR	SL1-15	CONV	3MPC	+/-	3MP15	+/-	YORK15	+/-	SL2-14	+/-	SL1-13	SL2-12
F	Katsuda, Brianna	10	21:05	20:24	19:45	0:39	20:39	0:14	20:52	0:27	21:18	0:13		
F	Lin, Catherine	12	21:58	21:15	19:26	1:49	21:52	0:36	21:52	0:36	21:45	0:13	21:27	23:41
F	Sato, Laura	10	22:14	21:30	21:28	0:02	21:28	0:02	21:55	0:24				
F	Katsuda, Kayla	12	22:17	21:33	20:20	1:13	21:15	0:18	22:13	0:39	22:22	0:05		
F	Chu, Marie	10	22:46	22:01	22:10	0:08	22:10	0:08	22:10	0:08	25:00	2:14		
F	Kim, Christie	11	22:55	22:10	22:51	0:40	22:51	0:40	24:04	1:53	25:21	2:26		
F	Vitug, Cailey	11	23:02	22:17	22:43	0:25	22:43	0:25	BB-U					
F	Castrence, Bea	11	23:13	22:28	23:17	0:48	23:17	0:48	23:17	0:48				
F	Lee, Eunice	11	23:24	22:38	23:14	0:35	23:36	0:57	23:36	0:57	24:35	1:11	26:15	
F	Vasquez, Isabella	12	23:37	22:51	22:09	0:42	23:07	0:15	23:07	0:15	23:29	0:08	23:11	
F	Huh, Gina	11	23:45	22:59	22:52	0:07	22:52	0:07	24:52	1:52				
F	Oshiro, Melissa	11	24:06	23:19	20:44	2:35	22:35	0:44	24:00	0:40	22:31	1:35	21:34	
F	Alfaro, Karenina	12	24:22	23:34	22:11	1:23	23:06	0:28	DNF		23:44	0:38		
F	Navarro, Erika	12	24:24	23:36	22:00	1:36	24:03	0:26	25:42	2:05	24:06	0:18	27:03	
F	Lee, Claire	9	24:46	23:58	24:06	0:07	24:06	0:07	25:08	1:09				
F	Gomez, Patricia	9	25:11	0:22	26:11	1:48	26:11	1:48	?					
F	Yang, Allice	11	25:17	0:28	24:53	0:24	25:18	0:49	25:29	1:00	25:43	0:26		
F	Fujihiro, Lindsay	9	25:51	1:00	25:06	0:05	25:06	0:05	25:06	0:05				
F	Garcia, Ailyn	12	25:59	1:08	25:09	0:00	-							
F	Lee, Sarah M	10	26:51	1:59	26:30	0:30	26:30	0:30	28:27	2:27				
F	Hantragoon, Narissa	12	27:01	2:08	25:01	1:07	25:01	1:07	26:15	0:06	28:58	1:57		
F	Le, Genevieve	10	27:01	2:08	24:55	1:13	24:55	1:13	30:21	4:12				
F	Williams, Mikayla	12	27:02	2:09	-		-							
F	Sancheti, Akanksha	11	27:08	2:15	24:17	1:58	25:26	0:49	27:03	0:47	25:07	2:01	28:29	
F	Patel, Ami	9	27:21	2:28	25:56	0:32	25:56	0:32	29:26	2:57				
F	Jung, Ivy	12	27:25	2:31	27:38	1:06	27:38	1:06	27:55	1:23				
F	Kang, Grace	10	27:53	2:59	26:26	0:33	26:48	0:11	29:01	2:01	28:40	0:47		
F	Zaman, Jocelyn	10	27:56	3:01	27:30	0:28	27:30	0:28	29:04	2:02				
F	Patel, Shruti	12	28:15	3:20	26:27	0:53	28:18	0:57	28:18	0:57	28:07	0:08	30:15	
F	Park, Robin	10	28:16	3:21	27:20	0:01	31:17	3:55	32:50	5:28	34:01	5:45		
F	Delvadia, Rashmi	12	28:27	3:31	25:02	2:29	29:04	1:32	30:52	3:20	28:07	0:20	28:12	29:17
F	Tamaki, Alyxe	9	28:31	3:35	28:25	0:49	28:25	0:49	32:37	5:01				
F	Luo, Lina	9	28:41	3:45	32:10	4:24	32:10	4:24	34:14	6:28				
F	Cheng, Anita	11	29:09	4:12	26:19	1:53	26:19	1:53	29:14	1:01				
F	Lee, Tiffany	10	29:40	4:42	25:51	2:51	29:05	0:22	31:10	2:27	30:16	0:36		
F	Liang, Sarah	12	29:50	4:52	26:03	2:49	27:42	1:10	28:59	0:06	28:51	0:59		
F	Nguyen, Francine	12	30:35	5:35	28:38	0:57	29:09	0:26	29:09	0:26	29:36	0:59	28:35	
F	Delgadillo, Destiny	10	30:57	5:57	29:26	0:31	29:26	0:31	29:26	0:31				
F	Cruz, Christina	10	31:18	6:17	30:26	0:08	31:36	1:18	35:05	4:47	37:33	6:15		
F	Esipritu-Santo, Kimberly	10	31:22	6:21	28:16	2:05	32:18	1:56	32:18	1:56	33:15	1:53		
F	Ruelas, Jeanette	12	31:38	6:36	30:51	0:14	30:51	0:14	33:21	2:44				
F	Duarte, Daniela	12	31:48	6:46	27:17	3:29	-							
F	Kuo, Yvonne	9	31:57	6:55	26:09	4:46	26:09	4:46	SICK					
F	Hantragoon, Cindy	9	32:16	7:13	26:47	4:26	26:47	4:26	32:24	1:10				
F	Ono, Jenna	9	34:15	9:08	30:55	2:13	30:55	2:13	34:17	1:08				
F	O'Donnell, Mary	10	34:33	9:26	-		-							
F	Thapa, Amira	12	35:17	10:08	26:58	7:10	34:22	0:13	35:25	1:16	30:32	4:45	27:52	35:33
F	Patel, Vinita	11	37:10	11:58	30:34	5:24	13:00	1:01	37:12	1:13	33:16	3:54		
F	Abad, Amanda	12	INJ		27:45		-		INJ					
F	D'Alwis, Nethmi	10	Q		32:02		32:02		UNEX					
F	Hayakawa, Allyson	10	W		25:41		25:41		INJ					
F	Huynh, Zena	10	DNS		31:48		31:48		INJ					
F	Macatuno, Peighton	10	NW		28:23		28:23		28:56		30:00			
F	Muralidharan, Amita	10	CIF		22:18		22:18		CIF					
F	Ramirez, Merceds	10	DNS		24:32		13:00		?		28:56			
F	Shantharaj, Shreya	10	W		29:53		29:53		31:58					
F	Takeda, Yuu	12	DNF		24:52		32:43		?		26:57		28:40	35:04
F	Tang, Alison	10	W		27:45		27:45		28:47					
F	Yamachika, Kristi	10	NW		21:40		22:39		SICK-U		24:32			

		GR	SL1-15	CONV	3MPC	+/-	3MP15	+/-	YORK15	+/-	SL2-14	+/-	SLC113	SLC212
M	Chuang, Bill	11	16:34	16:01	15:27	0:34	15:39	0:22	15:39	0:22	16:24	0:10	17:03	
M	Patel, Jaineel	10	17:17	16:43	16:34	0:09	16:34	0:09	16:47	0:03	17:55	0:38		
M	Yao, Alex	11	17:50	17:15	17:40	0:24	17:40	0:24	17:40	0:24	19:13	1:23	20:11	
M	Kwon, Derick	12	17:54	17:19	17:30	0:10	17:30	0:10	17:34	0:14	19:23	1:29	19:14	21:07
M	Edward, Nathan	12	18:11	17:35	17:49	0:13	18:03	0:27	18:08	0:32				19:03
M	Tai, Nicholas	12	18:16	17:40	17:06	0:34	17:31	0:09	17:49	0:08	18:06	0:10	19:15	20:03
M	Alvarado, Aaron	12	18:33	17:57	17:25	0:32	17:25	0:32	18:31	0:33	19:37	1:04		20:04
M	Amaro, Mario	10	18:38	18:01	18:31	0:29	18:31	0:29	18:31	0:29				
M	Ramos, Emmanuel	11	18:56	18:19	17:05	1:14	18:34	0:14	18:39	0:19	18:31	0:25		
M	Choi, Ji Woo	11	19:10	18:32	18:07	0:25	18:20	0:12	18:20	0:12	19:50	0:40	20:32	

		GR	SL1-15	CONV	3MPC	+/-	3MP15	+/-	YORK15	+/-	SL2-14	+/-	SLC113	SLC212
M	Yang, Derrick	11	19:13	18:35	17:25	1:10	18:56	0:20	18:56	0:20	18:19	0:54	20:25	
M	Sato, Kevin	12	19:16	18:38	18:56	0:17	18:56	0:17	18:56	0:17				
M	Gonzales, Michael	12	19:57	19:18	19:57	0:38	19:57	0:38	UNEX					
M	Patel, Vraj	10	20:05	19:26	19:05	0:21	19:05	0:21	20:18	0:51				
M	Huang, Derek	11	20:11	19:31	18:37	0:54	19:35	0:03	19:35	0:03	20:45	0:34	21:55	
M	Sandoval, George	12	20:15	19:35	19:11	0:24	19:50	0:14	19:56	0:20	20:54	0:39	21:24	22:14
M	Dang, Patrick	10	20:30	19:50	20:03	0:12	20:25	0:34	20:43	0:52	21:02	0:32		
M	Luciano, Meynard	10	20:38	19:58	19:35	0:23	19:35	0:23	20:13	0:14	21:19	0:41		
M	Arrington, Kenneth	12	20:51	20:10	20:24	0:13	20:24	0:13	20:40	0:29				
M	Hong, Aldy	12	20:56	20:15	18:50	1:25	20:42	0:26	UNEX		19:42	1:14	20:48	
M	Quarles, Jacob	12	21:10	20:29	20:21	0:08	20:21	0:08	21:02	0:32	23:31	2:21		21:36
M	Somasundaram, Siddhart	11	21:11	20:30	19:50	0:40	20:59	0:29	20:59	0:29	20:41	0:30	24:22	
M	Chung, Jacob	10	21:13	20:31	20:43	0:11	20:43	0:11	21:41	1:09	23:35	2:22		
M	Tran, Nathan	12	21:25	20:43	21:13	0:29	21:13	0:29	DNF		23:53	2:28	25:40	
M	Hoang, Anthony	10	21:29	20:47	20:46	0:01	20:46	0:01	21:07	0:19	21:53	0:24		
M	Wang, Jeffrey	10	21:31	20:49	21:02	0:12	21:02	0:12	21:14	0:24				
M	Furukido, Wesley	12	21:32	20:50	19:56	0:54	21:30	0:39	21:30	0:39	21:08	0:24	19:00	19:11
M	Fu, Aaron	9	21:34	20:52	22:01	1:08	22:01	1:08	23:13	2:20				
M	Villegas, Elino	12	21:42	21:00	21:03	0:03	21:29	0:29	22:48	1:48	22:21	0:39	25:13	
M	Miranda, Justin	9	21:44	21:01	20:43	0:18	20:43	0:18	SICK					
M	Luu, Raymond	11	21:46	21:03	20:34	0:29	21:16	0:12	21:31	0:27	22:04	0:18		
M	Alba, Chandler	10	22:02	21:19	21:50	0:30	21:50	0:30	21:53	0:33	26:30	4:28		
M	Soh, Min Woo	12	22:11	21:28	21:53	0:24	22:05	0:36	23:16	1:47	22:52	0:41		
M	Kim, Isaiah	10	22:13	21:30	22:12	0:42	22:12	0:42	25:04	3:34				
M	Yamachika, Ryan	9	22:32	21:48	20:33	1:15	20:33	1:15	21:53	0:04				
M	Wong, Nathan	9	22:42	21:58	-		-							
M	Ruan, Leo	11	22:45	22:00	23:26	1:25	23:26	1:25	23:26	1:25				
M	Alba, Francis	10	22:53	22:08	21:51	0:17	21:51	0:17	23:01	0:52	25:49	2:56		
M	Muley, Vighnesh	9	22:58	22:13	24:32	2:18	24:32	2:18	25:15	3:01				
M	Kim, Noah	10	23:08	22:23	22:27	0:03	22:27	0:03	23:15	0:51				
M	Manuel, Ryan Jay	11	23:11	22:26	19:55	2:31	23:45	1:18	23:53	1:26	21:39	1:32	24:52	
M	Tenzas, Lucas	9	23:34	22:48	22:05	0:43	22:05	0:43	23:12	0:23				
M	Vasquez, Jimmy	11	24:05	23:18	23:03	0:15	23:03	0:15	23:30	0:11				
M	Luu, Christopher	9	24:07	23:20	23:34	0:13	23:34	0:13	23:52	0:31				
M	Guan, Steven	9	24:10	23:23	25:09	1:45	25:09	1:45	25:09	1:45				
M	Kim, Justin	9	24:20	23:32	23:04	0:28	23:04	0:28	23:10	0:22				
M	Samortin, Matthew	9	24:49	0:00	23:10	0:50	23:10	0:50	26:41	2:40				
M	Magante, Grant	10	25:17	0:28	26:23	1:54	26:23	1:54	26:58	2:29				
M	Garrett, Curtis	11	25:35	0:45	27:39	2:53	27:39	2:53	27:39	2:53				
M	Yang, Ethan	10	25:53	1:02	22:59	2:03	25:16	0:13	25:16	0:13	25:35	0:18		
M	Chavez, Isaiah	10	26:37	1:45	22:28	3:17	22:28	3:17	W					
M	Hwang, Nathan	11	26:41	1:49	20:32	5:17	2:55	1:05	26:55	1:05	22:04	4:37		
M	Choe, Ken	11	26:43	1:51	27:39	1:47	27:39	1:47	UNEX		25:45	0:58		
M	Umpant, Tyler	12	26:49	1:57	26:28	0:30	26:28	0:30	W					
M	Yohannes, Adam	9	26:55	2:02	27:16	1:13	27:16	1:13	27:16	1:13				
M	Wooley, Everett	9	27:25	2:31	26:23	0:08	26:23	0:08	26:23	0:08				
M	Cao, Chong	9	28:02	3:07	32:45	5:37	32:45	5:37	32:45	5:37				
M	Sok, Kimse	11	28:30	3:34	24:05	3:29	25:07	2:27	25:13	2:21	26:29	2:01		
M	Johar, Rajbir	10	32:45	7:41	32:59	1:17	32:59	1:17	32:59	1:17				
M	Santos, Jed	9	44:12	18:46	38:03	4:43	38:03	4:43	45:04	2:17				
M	Arisue, Jake	9	DNF		32:41		32:41		32:41					
M	Carrillo, Cody	9	W		27:59		27:59		W					
M	Chanmany, Samuel	9	W		33:03		33:03		UNEX					
M	Gardner, Johnny	10	W		22:22		23:46		25:44		24:52			
M	Lee, Bryan	12	W		21:06		21:57		22:06		22:28		25:13	
M	Nguyen, Justin	11	?								23:16			
M	Ortiz, Giancarlo	12	W		19:00		-		UNEX		20:59		24:19	
M	Ryono, Christian	11	?		26:18		26:18		26:18					
M	Skube, Luc	9	DNF		20:04		20:04		20:34					
M	Sy, Aaron	11	W		18:59		-		NW		20:40			
M	Thomson, Michael	12	CIF		19:16		19:16		CIF					
M	Tran, Eric	12	W		21:48		23:33		25:38		25:40		23:04	

Scoring	1-3	SG	1-7	1-10	Team	Ave	Team	Ave
Girls Team	1:09	1:41	1:57	2:32	110:20	22:04	106:43	21:20
Boys Team	1:16	1:37	1:59	2:36	87:46	17:33	84:53	16:58

	Girls Varsity	SLC115	SLC214	SLC113	SLC212	SLC111	SLC210	SLC109	SLC208	SLC107	SLC106	DIFF
1	Katsuda, Brianna	21:05	19:11	21:03	20:19	20:13	19:30	20:08	20:06	20:49	19:36	1:54
2	Lin, Catherine	21:58	21:00	21:27	20:45	20:30	19:40	20:20	20:26	21:31	20:25	0:58
3	Sato, Laura	22:14	21:18	21:34	21:17	21:34	20:05	20:51	20:40	21:41	20:55	0:56
4	Katsuda, Kayla	22:17	21:27	21:47	21:19	21:38	20:22	21:20	21:04	21:46	20:56	0:50
5	Chu, Marie	22:46	21:36	22:12	21:53	21:44	21:17	21:47	21:25	21:51	21:16	1:10
6	Kim, Christie	22:55	21:45	22:16	22:14	21:45	21:34	22:10	21:28	22:35	22:02	1:10
7	Vitug, Cailey	23:02	22:22	23:09	22:19	21:52	21:36	22:36	21:39	22:46	22:03	0:40
		110:20	104:32	108:03	105:33	105:39	100:54	104:26	103:41	107:38	103:08	5:48

	Boys Varsity	SLC115	SLC214	SLC113	SLC212	SLC111	SLC210	SLC109	SLC208	SLC107	SLC106	DIFF
1	Chuang, Bill	16:34	16:24	16:39	16:30	16:56	16:55	17:19	16:11	16:37	16:29	0:10
2	Patel, Jaineel	17:17	16:28	16:54	16:53	17:26	17:21	17:27	17:09	17:11	17:33	0:49
3	Yao, Alex	17:50	17:55	16:58	17:03	17:42	17:40	17:50	17:13	17:12	17:45	0:05
4	Kwon, Derick	17:54	18:06	17:03	17:03	17:42	17:48	18:20	17:19	17:44	17:47	0:12
5	Edward, Nathan	18:11	18:19	17:15	17:04	17:43	17:53	18:38	17:35	17:50	17:49	0:08
6	Tai, Nicholas	18:16	18:25	17:20	17:07	17:44	18:01	18:47	17:39	18:00	17:49	0:09
7	Alvarado, Aaron	18:33	18:31	17:22	17:08	18:01	18:01	18:52	17:52	18:02	18:29	0:02
		87:46	87:12	84:49	84:33	87:45	87:37	88:34	85:27	86:34	87:23	0:34

	Girls Varsity	SLC105	SLC104									
1		22:00	21:43									
2		22:03	22:07									
3		23:12	22:08									
4		24:13	22:31									
5		24:27	22:42									
6		24:52	22:57									
7		24:56	23:26									
		115:55	111:11									

	Boys Varsity	SLC105	SLC104									
1		18:22	17:54									
2		18:41	18:15									
3		19:23	18:32									
4		19:30	18:52									
5		19:35	18:57									
6		19:39	18:58									
7		19:57	19:02									
		95:31	92:30									

New Personal Records

		GR	SL1-15	CONV	3MPC	+/-
M	Cao, Chong	9	28:02	3:07	32:45	5:37
F	Luo, Lina	9	28:41	3:45	32:10	4:24
M	Garrett, Curtis	11	25:35	0:45	27:39	2:53
M	Muley, Vighnesh	9	22:58	22:13	24:32	2:18
M	Magante, Grant	10	25:17	0:28	26:23	1:54
F	Gomez, Patricia	9	25:11	0:22	26:11	1:48
M	Choe, Ken	11	26:43	1:51	27:39	1:47
M	Guan, Steven	9	24:10	23:23	25:09	1:45
M	Ruan, Leo	11	22:45	22:00	23:26	1:25
M	Johar, Rajbir	10	32:45	7:41	32:59	1:17
M	Yohannes, Adam	9	26:55	2:02	27:16	1:13
M	Fu, Aaron	9	21:34	20:52	22:01	1:08
F	Jung, Ivy	12	27:25	2:31	27:38	1:06
F	Tamaki, Alyxe	9	28:31	3:35	28:25	0:49
F	Castrence, Bea	11	23:13	22:28	23:17	0:48
M	Kim, Isaiah	10	22:13	21:30	22:12	0:42
F	Kim, Christie	11	22:55	22:10	22:51	0:40
M	Gonzales, Michael	12	19:57	19:18	19:57	0:38
F	Lee, Eunice	11	23:24	22:38	23:14	0:35
F	Lee, Sarah M	10	26:51	1:59	26:30	0:30
M	Umpant, Tyler	12	26:49	1:57	26:28	0:30
M	Alba, Chandler	10	22:02	21:19	21:50	0:30
M	Tran, Nathan	12	21:25	20:43	21:13	0:29
M	Amaro, Mario	10	18:38	18:01	18:31	0:29
F	Zaman, Jocelyn	10	27:56	3:01	27:30	0:28
F	Vitug, Cailey	11	23:02	22:17	22:43	0:25
F	Yang, Allice	11	25:17	0:28	24:53	0:24
M	Soh, Min Woo	12	22:11	21:28	21:53	0:24
M	Yao, Alex	11	17:50	17:15	17:40	0:24
M	Sato, Kevin	12	19:16	18:38	18:56	0:17
F	Ruelas, Jeanette	12	31:38	6:36	30:51	0:14
M	Luu, Christopher	9	24:07	23:20	23:34	0:13
M	Arrington, Kenneth	12	20:51	20:10	20:24	0:13
M	Edward, Nathan	12	18:11	17:35	17:49	0:13
M	Dang, Patrick	10	20:30	19:50	20:03	0:12
M	Wang, Jeffrey	10	21:31	20:49	21:02	0:12
M	Chung, Jacob	10	21:13	20:31	20:43	0:11
M	Kwon, Derick	12	17:54	17:19	17:30	0:10
F	Cruz, Christina	10	31:18	6:17	30:26	0:08
F	Chu, Marie	10	22:46	22:01	22:10	0:08
F	Lee, Claire	9	24:46	23:58	24:06	0:07
F	Fujihiro, Lindsay	9	25:51	1:00	25:06	0:05
M	Kim, Noah	10	23:08	22:23	22:27	0:03
M	Villegas, Elino	12	21:42	21:00	21:03	0:03
F	Garcia, Ailyn	12	25:59	1:08	25:09	0:00

Improvement from SLC#2-2014 to SLC#1-2015

		GR	SL1-15	CONV	SL2-14	CONV	+/-
F	Cruz, Christina	10	31:18	6:17	37:33	12:20	6:15
F	Park, Robin	10	28:16	3:21	34:01	8:55	5:45
M	Alba, Chandler	10	22:02	21:19	26:30	1:38	4:28
M	Alba, Francis	10	22:53	22:08	25:49	0:59	2:56
M	Tran, Nathan	12	21:25	20:43	23:53	23:06	2:28
F	Kim, Christie	11	22:55	22:10	25:21	0:31	2:26
M	Chung, Jacob	10	21:13	20:31	23:35	22:49	2:22
M	Quarles, Jacob	12	21:10	20:29	23:31	22:45	2:21
F	Chu, Marie	10	22:46	22:01	25:00	0:11	2:14
F	Sancheti, Akanksha	11	27:08	2:15	25:07	0:18	2:01
F	Hantragoon, Narissa	12	27:01	2:08	28:58	4:01	1:57
F	Esipritu-Santo, Kimberly	10	31:22	6:21	33:15	8:10	1:53
F	Oshiro, Melissa	11	24:06	23:19	22:31	21:47	1:35
M	Kwon, Derick	12	17:54	17:19	19:23	18:45	1:29
M	Yao, Alex	11	17:50	17:15	19:13	18:35	1:23
F	Lee, Eunice	11	23:24	22:38	24:35	23:47	1:11
M	Alvarado, Aaron	12	18:33	17:57	19:37	18:59	1:04
F	Liang, Sarah	12	29:50	4:52	28:51	3:55	0:59
F	Nguyen, Francine	12	30:35	5:35	29:36	4:38	0:59
F	Kang, Grace	10	27:53	2:59	28:40	3:44	0:47
M	Luciano, Meynard	10	20:38	19:58	21:19	20:37	0:41
M	Soh, Min Woo	12	22:11	21:28	22:52	22:07	0:41
M	Choi, Ji Woo	11	19:10	18:32	19:50	19:11	0:40
M	Villegas, Elino	12	21:42	21:00	22:21	21:37	0:39
M	Sandoval, George	12	20:15	19:35	20:54	20:13	0:39
F	Alfaro, Karenina	12	24:22	23:34	23:44	22:58	0:38
M	Patel, Jaineel	10	17:17	16:43	17:55	17:20	0:38
F	Lee, Tiffany	10	29:40	4:42	30:16	5:17	0:36
M	Huang, Derek	11	20:11	19:31	20:45	20:04	0:34
M	Dang, Patrick	10	20:30	19:50	21:02	20:21	0:32
F	Yang, Allice	11	25:17	0:28	25:43	0:53	0:26
M	Hoang, Anthony	10	21:29	20:47	21:53	21:10	0:24
F	Delvadia, Rashmi	12	28:27	3:31	28:07	3:12	0:20
F	Navarro, Erika	12	24:24	23:36	24:06	23:19	0:18
M	Luu, Raymond	11	21:46	21:03	22:04	21:21	0:18
F	Katsuda, Brianna	10	21:05	20:24	21:18	20:36	0:13
F	Lin, Catherine	12	21:58	21:15	21:45	21:02	0:13
F	Vasquez, Isabella	12	23:37	22:51	23:29	22:43	0:08
F	Patel, Shruti	12	28:15	3:20	28:07	3:12	0:08
F	Katsuda, Kayla	12	22:17	21:33	22:22	21:38	0:05

New Personal Records (Season)

		GR	SL1-15	CONV	3MP15	+/-
M	Cao, Chong	9	28:02	3:07	32:45	5:37
F	Luo, Lina	9	28:41	3:45	32:10	4:24
F	Park, Robin	10	28:16	3:21	31:17	3:55
M	Garrett, Curtis	11	25:35	0:45	27:39	2:53
M	Muley, Vighnesh	9	22:58	22:13	24:32	2:18
F	Esipritu-Santo, Kimberly	10	31:22	6:21	32:18	1:56
M	Magante, Grant	10	25:17	0:28	26:23	1:54
F	Gomez, Patricia	9	25:11	0:22	26:11	1:48
M	Choe, Ken	11	26:43	1:51	27:39	1:47
M	Guan, Steven	9	24:10	23:23	25:09	1:45
F	Delvadia, Rashmi	12	28:27	3:31	29:04	1:32
M	Ruan, Leo	11	22:45	22:00	23:26	1:25
M	Manuel, Ryan Jay	11	23:11	22:26	23:45	1:18
F	Cruz, Christina	10	31:18	6:17	31:36	1:18
M	Johar, Rajbir	10	32:45	7:41	32:59	1:17
M	Yohannes, Adam	9	26:55	2:02	27:16	1:13
M	Fu, Aaron	9	21:34	20:52	22:01	1:08
F	Jung, Ivy	12	27:25	2:31	27:38	1:06
M	Hwang, Nathan	11	26:41	1:49	2:55	1:05
F	Patel, Vinita	11	37:10	11:58	13:00	1:01
F	Patel, Shruti	12	28:15	3:20	28:18	0:57
F	Lee, Eunice	11	23:24	22:38	23:36	0:57
F	Yang, Allice	11	25:17	0:28	25:18	0:49
F	Tamaki, Alyxe	9	28:31	3:35	28:25	0:49
F	Castrence, Bea	11	23:13	22:28	23:17	0:48
M	Kim, Isaiah	10	22:13	21:30	22:12	0:42
F	Kim, Christie	11	22:55	22:10	22:51	0:40
M	Furukido, Wesley	12	21:32	20:50	21:30	0:39
M	Gonzales, Michael	12	19:57	19:18	19:57	0:38
M	Soh, Min Woo	12	22:11	21:28	22:05	0:36
F	Lin, Catherine	12	21:58	21:15	21:52	0:36
M	Dang, Patrick	10	20:30	19:50	20:25	0:34
F	Lee, Sarah M	10	26:51	1:59	26:30	0:30
M	Umpant, Tyler	12	26:49	1:57	26:28	0:30
M	Alba, Chandler	10	22:02	21:19	21:50	0:30
M	Tran, Nathan	12	21:25	20:43	21:13	0:29
M	Amaro, Mario	10	18:38	18:01	18:31	0:29
M	Somasundaram, Siddhart	11	21:11	20:30	20:59	0:29
M	Villegas, Elino	12	21:42	21:00	21:29	0:29
F	Zaman, Jocelyn	10	27:56	3:01	27:30	0:28
M	Edward, Nathan	12	18:11	17:35	18:03	0:27
M	Hong, Aldy	12	20:56	20:15	20:42	0:26
F	Navarro, Erika	12	24:24	23:36	24:03	0:26
F	Vitug, Cailey	11	23:02	22:17	22:43	0:25
M	Yao, Alex	11	17:50	17:15	17:40	0:24
F	Lee, Tiffany	10	29:40	4:42	29:05	0:22
M	Yang, Derrick	11	19:13	18:35	18:56	0:20
M	Sato, Kevin	12	19:16	18:38	18:56	0:17
F	Vasquez, Isabella	12	23:37	22:51	23:07	0:15
F	Katsuda, Brianna	10	21:05	20:24	20:39	0:14
M	Ramos, Emmanuel	11	18:56	18:19	18:34	0:14
F	Ruelas, Jeanette	12	31:38	6:36	30:51	0:14
M	Sandoval, George	12	20:15	19:35	19:50	0:14
M	Luu, Christopher	9	24:07	23:20	23:34	0:13
M	Arrington, Kenneth	12	20:51	20:10	20:24	0:13
F	Thapa, Amira	12	35:17	10:08	34:22	0:13
M	Yang, Ethan	10	25:53	1:02	25:16	0:13
M	Wang, Jeffrey	10	21:31	20:49	21:02	0:12
M	Luu, Raymond	11	21:46	21:03	21:16	0:12
M	Chung, Jacob	10	21:13	20:31	20:43	0:11
M	Kwon, Derick	12	17:54	17:19	17:30	0:10
F	Chu, Marie	10	22:46	22:01	22:10	0:08
F	Lee, Claire	9	24:46	23:58	24:06	0:07
F	Fujihiro, Lindsay	9	25:51	1:00	25:06	0:05
M	Kim, Noah	10	23:08	22:23	22:27	0:03

Improvement from Billy York (2015) to SLC#1-2015

		GR	SL1-15	CONV	YORK15	+/-
F	Luo, Lina	9	28:41	3:45	34:14	6:28
M	Cao, Chong	9	28:02	3:07	32:45	5:37
F	Park, Robin	10	28:16	3:21	32:50	5:28
F	Tamaki, Alyxe	9	28:31	3:35	32:37	5:01
F	Cruz, Christina	10	31:18	6:17	35:05	4:47
F	Le, Genevieve	10	27:01	2:08	30:21	4:12
M	Kim, Isaiah	10	22:13	21:30	25:04	3:34
F	Delvadia, Rashmi	12	28:27	3:31	30:52	3:20
M	Muley, Vighnesh	9	22:58	22:13	25:15	3:01
F	Patel, Ami	9	27:21	2:28	29:26	2:57
M	Garrett, Curtis	11	25:35	0:45	27:39	2:53
F	Ruelas, Jeanette	12	31:38	6:36	33:21	2:44
M	Samortin, Matthew	9	24:49	0:00	26:41	2:40
M	Magante, Grant	10	25:17	0:28	26:58	2:29
F	Lee, Sarah M	10	26:51	1:59	28:27	2:27
F	Lee, Tiffany	10	29:40	4:42	31:10	2:27
M	Fu, Aaron	9	21:34	20:52	23:13	2:20
M	Santos, Jed	9	44:12	18:46	45:04	2:17
F	Navarro, Erika	12	24:24	23:36	25:42	2:05
F	Zaman, Jocelyn	10	27:56	3:01	29:04	2:02
F	Kang, Grace	10	27:53	2:59	29:01	2:01
F	Esipritu-Santo, Kimberly	10	31:22	6:21	32:18	1:56
F	Kim, Christie	11	22:55	22:10	24:04	1:53
F	Huh, Gina	11	23:45	22:59	24:52	1:52
M	Villegas, Elino	12	21:42	21:00	22:48	1:48
M	Soh, Min Woo	12	22:11	21:28	23:16	1:47
M	Guan, Steven	9	24:10	23:23	25:09	1:45
M	Manuel, Ryan Jay	11	23:11	22:26	23:53	1:26
M	Ruan, Leo	11	22:45	22:00	23:26	1:25
F	Jung, Ivy	12	27:25	2:31	27:55	1:23
M	Johar, Rajbir	10	32:45	7:41	32:59	1:17
F	Thapa, Amira	12	35:17	10:08	35:25	1:16
F	Patel, Vinita	11	37:10	11:58	37:12	1:13
M	Yohannes, Adam	9	26:55	2:02	27:16	1:13
F	Hantragoon, Cindy	9	32:16	7:13	32:24	1:10
F	Lee, Claire	9	24:46	23:58	25:08	1:09
M	Chung, Jacob	10	21:13	20:31	21:41	1:09
F	Ono, Jenna	9	34:15	9:08	34:17	1:08
M	Hwang, Nathan	11	26:41	1:49	26:55	1:05
F	Cheng, Anita	11	29:09	4:12	29:14	1:01
F	Yang, Allice	11	25:17	0:28	25:29	1:00
F	Patel, Shruti	12	28:15	3:20	28:18	0:57
F	Lee, Eunice	11	23:24	22:38	23:36	0:57
M	Dang, Patrick	10	20:30	19:50	20:43	0:52
M	Alba, Francis	10	22:53	22:08	23:01	0:52
M	Patel, Vraj	10	20:05	19:26	20:18	0:51
M	Kim, Noah	10	23:08	22:23	23:15	0:51
F	Castrence, Bea	11	23:13	22:28	23:17	0:48
F	Sancheti, Akanksha	11	27:08	2:15	27:03	0:47
F	Oshiro, Melissa	11	24:06	23:19	24:00	0:40
M	Furukido, Wesley	12	21:32	20:50	21:30	0:39
F	Katsuda, Kayla	12	22:17	21:33	22:13	0:39
F	Lin, Catherine	12	21:58	21:15	21:52	0:36
M	Alvarado, Aaron	12	18:33	17:57	18:31	0:33
M	Alba, Chandler	10	22:02	21:19	21:53	0:33
M	Quarles, Jacob	12	21:10	20:29	21:02	0:32
M	Edward, Nathan	12	18:11	17:35	18:08	0:32
M	Luu, Christopher	9	24:07	23:20	23:52	0:31
M	Arrington, Kenneth	12	20:51	20:10	20:40	0:29
M	Amaro, Mario	10	18:38	18:01	18:31	0:29
M	Somasundaram, Siddhart	11	21:11	20:30	20:59	0:29
F	Katsuda, Brianna	10	21:05	20:24	20:52	0:27
M	Luu, Raymond	11	21:46	21:03	21:31	0:27
M	Wang, Jeffrey	10	21:31	20:49	21:14	0:24
M	Yao, Alex	11	17:50	17:15	17:40	0:24
F	Sato, Laura	10	22:14	21:30	21:55	0:24
M	Tenzas, Lucas	9	23:34	22:48	23:12	0:23
M	Sandoval, George	12	20:15	19:35	19:56	0:20
M	Yang, Derrick	11	19:13	18:35	18:56	0:20
M	Ramos, Emmanuel	11	18:56	18:19	18:39	0:19

M	Hoang, Anthony	10	21:29	20:47	21:07	0:19
M	Sato, Kevin	12	19:16	18:38	18:56	0:17
F	Vasquez, Isabella	12	23:37	22:51	23:07	0:15
M	Luciano, Meynard	10	20:38	19:58	20:13	0:14
M	Kwon, Derick	12	17:54	17:19	17:34	0:14
M	Yang, Ethan	10	25:53	1:02	25:16	0:13
M	Vasquez, Jimmy	11	24:05	23:18	23:30	0:11
M	Tai, Nicholas	12	18:16	17:40	17:49	0:08
F	Chu, Marie	10	22:46	22:01	22:10	0:08
F	Liang, Sarah	12	29:50	4:52	28:59	0:06
F	Hantragoon, Narissa	12	27:01	2:08	26:15	0:06
F	Fujihiro, Lindsay	9	25:51	1:00	25:06	0:05
M	Yamachika, Ryan	9	22:32	21:48	21:53	0:04
M	Patel, Jaineel	10	17:17	16:43	16:47	0:03
M	Huang, Derek	11	20:11	19:31	19:35	0:03

League & Duals Top 15 (Cerritos Regional)

Top 15 Females	1	1	F	Motaghedi, Nasim	9	19:11	Suburban Cluster #2 (CR)	2014
	2	2	F	Tai, Gina	12	19:30	Suburban Cluster #2 (CR)	2010
	3	3	F	Villegas, Daniela	10	19:36	Suburban Cluster #1	2006
	4	4	F	Sunio, Jessica	12	19:40	Suburban Cluster #2 (CR)	2010
	5	5	F	Avila, Kathia	11	20:05	Suburban Cluster #2 (CR)	2010
	6	6	F	Tai, Gina	10	20:06	Suburban Cluster #2 (CR)	2008
	7	7	F	Sunio, Jessica	11	20:08	Suburban Cluster #1 (CR)	2009
	8	8	F	Magana, Athalia	12	20:13	Suburban Cluster #1 (CR)	2011
	9	9	F	Gavilanes, Monique	11	20:19	Suburban Cluster #2 (CR)	2012
	10	10	F	Tai, Gina	11	20:20	Suburban Cluster #1 (CR)	2009
	11	11	F	Magana, Athalia	11	20:22	Suburban Cluster #2 (CR)	2010
	12	12	F	Alarid, Christina	9	20:25	Suburban Cluster #1	2006
	13	13	F	Sunio, Jessica	10	20:26	Suburban Cluster #2 (CR)	2008
	14	14	F	Caliz, Connie	11	20:30	Suburban Cluster #1 (CR)	2011
	15	15	F	Chern, Melody	12	20:40	Suburban Cluster #2 (CR)	2008
Top 15 Males	1	1	M	To, Thien Nam	12	16:11	Suburban Cluster #2 (CR)	2008
	2	2	M	Chuang, Bill	10	16:24	Suburban Cluster #2 (CR)	2014
	3	3	M	Cortez, Christian	12	16:28	Suburban Cluster #2 (CR)	2014
	4	4	M	Nagayama, Evan	11	16:29	Suburban Cluster #1	2006
	5	5	M	Tilve, Ganesh	12	16:30	Suburban Cluster #2 (CR)	2012
	6	6	M	Chuang, Bill	11	16:34	Suburban Cluster #1 (CR)	2015
	7	7	M	To, Thien Nam	11	16:37	Suburban Cluster #1 (CR)	2007
	8	8	M	Quarles, Joshua	12	16:39	Suburban Cluster #1 (CR)	2013
	9	9	M	Patel, Shrineel	11	16:53	Suburban Cluster #2 (CR)	2012
	10	10	M	Carranza, Jonathan	12	16:54	Suburban Cluster #1 (CR)	2013
	11	11	M	Tilve, Ganesh	10	16:55	Suburban Cluster #2 (CR)	2010
	12	12	M	Tilve, Ganesh	11	16:56	Suburban Cluster #1 (CR)	2011
	13	13	M	Patel, Shrineel	12	16:58	Suburban Cluster #1 (CR)	2013
	14	14	M	Chuang, Bill	9	17:03	Suburban Cluster #1 (CR)	2013
	15	15	M	Lee, Frank	11	17:03	Suburban Cluster #2 (CR)	2012

League & Duals Top 10 by Grade - Girls (Cerritos Regional)

		G	Name	GR	Total	Course	Date
Top 10 Fresmen Girls	1	F	Motaghedi, Nasim	9	19:11	Suburban Cluster #2 (CR)	2014
	2	F	Alarid, Christina	9	20:25	Suburban Cluster #1	2006
	3	F	Katsuda, Brianna	9	21:18	Suburban Cluster #2 (CR)	2014
	4	F	Caliz, Connie	9	21:20	Suburban Cluster #1 (CR)	2009
	5	F	Oshiro, Melissa	9	21:34	Suburban Cluster #1 (CR)	2013
	6	F	Magana, Athalia	9	22:14	Suburban Cluster #2 (CR)	2008
	7	F	Atilano, Amanda	9	22:14	Suburban Cluster #2 (CR)	2012
	8	F	Tai, Gina	9	22:35	Suburban Cluster #1 (CR)	2007
	9	F	Pleasant, Moriah	9	22:36	Suburban Cluster #2 (CR)	2010
	10	F	Kim, Caroline	9	22:57	Suburban Cluster #1	2004
Top 10 Sophomore Girls	1	F	Villegas, Daniela	10	19:36	Suburban Cluster #1	2006
	2	F	Tai, Gina	10	20:06	Suburban Cluster #2 (CR)	2008
	3	F	Sunio, Jessica	10	20:26	Suburban Cluster #2 (CR)	2008
	4	F	Alarid, Christina	10	20:49	Suburban Cluster #1 (CR)	2007
	5	F	Atilano, Amanda	10	21:03	Suburban Cluster #1 (CR)	2013
	6	F	Katsuda, Brianna	10	21:05	Suburban Cluster #1 (CR)	2015
	7	F	Movchan, Alyssa	10	21:17	Suburban Cluster #2 (CR)	2012
	8	F	Lin, Catherine	10	21:27	Suburban Cluster #1 (CR)	2013
	9	F	Flores, Rachel	10	21:28	Suburban Cluster #2 (CR)	2008
	10	F	Caliz, Connie	10	21:34	Suburban Cluster #2 (CR)	2010
Top 10 Junior Girls	1	F	Avila, Kathia	11	20:05	Suburban Cluster #2 (CR)	2010
	2	F	Sunio, Jessica	11	20:08	Suburban Cluster #1 (CR)	2009
	3	F	Gavilanes, Monique	11	20:19	Suburban Cluster #2 (CR)	2012
	4	F	Tai, Gina	11	20:20	Suburban Cluster #1 (CR)	2009
	5	F	Magana, Athalia	11	20:22	Suburban Cluster #2 (CR)	2010
	6	F	Caliz, Connie	11	20:30	Suburban Cluster #1 (CR)	2011
	7	F	Flores, Rachel	11	20:51	Suburban Cluster #1 (CR)	2009
	8	F	Kuan, Stephanie	11	20:56	Suburban Cluster #1	2006
	9	F	Lim, Melody	11	21:04	Suburban Cluster #2 (CR)	2008
	10	F	Lee, Audrey	11	21:17	Suburban Cluster #2 (CR)	2010
Top 10 Senior Girls	1	F	Tai, Gina	12	19:30	Suburban Cluster #2 (CR)	2010
	2	F	Sunio, Jessica	12	19:40	Suburban Cluster #2 (CR)	2010
	3	F	Magana, Athalia	12	20:13	Suburban Cluster #1 (CR)	2011
	4	F	Chern, Melody	12	20:40	Suburban Cluster #2 (CR)	2008
	5	F	Caliz, Connie	12	20:45	Suburban Cluster #2 (CR)	2012
	6	F	Cerda, Victoria	12	20:55	Suburban Cluster #1	2006
	7	F	Movchan, Alyssa	12	21:00	Suburban Cluster #2 (CR)	2014
	8	F	Cooper, Kimmy	12	21:16	Suburban Cluster #1	2006
	9	F	Park, Jennifer	12	21:19	Suburban Cluster #2 (CR)	2012
	10	F	Kim, Caroline	12	21:31	Suburban Cluster #1 (CR)	2007

League & Duals Top 10 by Grade - Boys (Cerritos Regional)

		G	Name	GR	Total	Course	Date
Top 10 Fresmen Boys	1	M	Chuang, Bill	9	17:03	Suburban Cluster #1 (CR)	2013
	2	M	Quarles, Joshua	9	17:53	Suburban Cluster #2 (CR)	2010
	3	M	Patel, Jaineel	9	17:55	Suburban Cluster #2 (CR)	2014
	4	M	Lee, Frank	9	18:01	Suburban Cluster #2 (CR)	2010
	5	M	Tilve, Ganesh	9	18:20	Suburban Cluster #1 (CR)	2009
	6	M	Soon, JJ	9	18:32	Suburban Cluster #1	2004
	7	M	Caliz, Arthur	9	18:40	Suburban Cluster #2 (CR)	2010
	8	M	Juarez, Ivan	9	19:00	Suburban Cluster #1	2006
	9	M	Edwards, Nathan	9	19:03	Suburban Cluster #2 (CR)	2012
	10	M	Nagayama, Evan	9	19:06	Suburban Cluster #1	2004
Top 10 Sophomore Boys	1	M	Chuang, Bill	10	16:24	Suburban Cluster #2 (CR)	2014
	2	M	Tilve, Ganesh	10	16:55	Suburban Cluster #2 (CR)	2010
	3	M	Patel, Jaineel	10	17:17	Suburban Cluster #1 (CR)	2015
	4	M	Quarles, Joshua	10	17:26	Suburban Cluster #1 (CR)	2011
	5	M	Kim, Douglas	10	17:35	Suburban Cluster #2 (CR)	2008
	6	M	Liang, Jonathan	10	17:39	Suburban Cluster #2 (CR)	2008
	7	M	Carranza, Jonathan	10	17:43	Suburban Cluster #1 (CR)	2011
	8	M	Poblete, Ryan	10	17:44	Suburban Cluster #1 (CR)	2007
	9	M	To, Thien-Nam	10	17:47	Suburban Cluster #1	2006
	10	M	Joo, Ryan	10	18:02	Suburban Cluster #1 (CR)	2007
Top 10 Junior Boys	1	M	Nagayama, Evan	11	16:29	Suburban Cluster #1	2006
	2	M	Chuang, Bill	11	16:34	Suburban Cluster #1 (CR)	2015
	3	M	To, Thien Nam	11	16:37	Suburban Cluster #1 (CR)	2007
	4	M	Patel, Shrineel	11	16:53	Suburban Cluster #2 (CR)	2012
	5	M	Tilve, Ganesh	11	16:56	Suburban Cluster #1 (CR)	2011
	6	M	Lee, Frank	11	17:03	Suburban Cluster #2 (CR)	2012
	7	M	Carranza, Jonathan	11	17:04	Suburban Cluster #2 (CR)	2012
	8	M	Quarles, Joshua	11	17:07	Suburban Cluster #2 (CR)	2012
	9	M	Caliz, Arthur	11	17:08	Suburban Cluster #2 (CR)	2012
	10	M	Poblete, Ryan	11	17:09	Suburban Cluster #2 (CR)	2008
Top 10 Senior Boys	1	M	To, Thien Nam	12	16:11	Suburban Cluster #2 (CR)	2008
	2	M	Cortez, Christian	12	16:28	Suburban Cluster #2 (CR)	2014
	3	M	Tilve, Ganesh	12	16:30	Suburban Cluster #2 (CR)	2012
	4	M	Quarles, Joshua	12	16:39	Suburban Cluster #1 (CR)	2013
	5	M	Carranza, Jonathan	12	16:54	Suburban Cluster #1 (CR)	2013
	6	M	Patel, Shrineel	12	16:58	Suburban Cluster #1 (CR)	2013
	7	M	Lin, Mitchell	12	17:03	Suburban Cluster #2 (CR)	2012
	8	M	Soon, Jemerald (JJ)	12	17:11	Suburban Cluster #1 (CR)	2007
	9	M	Nagayama, Evan	12	17:12	Suburban Cluster #1 (CR)	2007
	10	M	Marklay, Bryan	12	17:13	Suburban Cluster #2 (CR)	2008

Boys Varsity					SLC1	SLF
Cerritos	6			6	42	
Norwalk	5			5	51	
La Mirada	4			4	55	
Artesia	3			3	135	
Bellflower	2			2	137	
Mayfair	1			1	139	
John Glenn	0			0	176	

Boys Jr. Varsity					SLC1	SLF
Cerritos	6			6	25	
La Mirada	5			5	31	
Mayfair	4			4	82	
Norwalk	3			3	106	
Bellflower	2			2	147	
Artesia	0			0	NS	
John Glenn	0			0	NS	

Girls Varsity					SLC1	SLF
Norwalk	6			6	28	
La Mirada	5			5	51	
Cerritos	4			4	60	
Mayfair	3			3	94	
Bellflower	2			2	131	
Artesia	0			0	NS	
John Glenn	0			0	NS	

Girls Jr. Varsity					SLC1	SLF
Cerritos	6			6	32	
Norwalk	5			5	53	
Mayfair	4			4	68	
La Mirada	3			3	69	
Bellflower	2			2	155	
Artesia	0			0	NS	
John Glenn	0			0	NS	

Boys Varsity			SLC1	SLC2	SLF		AL
Chuang, Bill	11	C	10			10	
Cervantes, Johan	11	LM	9			9	
Funes, Vicente	11	LM	8			8	
Cano, Alberto	11	N	7			7	
Patel, Jaineel	10	C	6			6	
Munoz, Edwin	11	N	5			5	
Medina, Davin	11	B	4			4	
Alcantara, Salvador	11	N	3			3	
Guerrero, Jose	11	JG	2			2	
Yao, Alex	11	C	1			1	
Kwon, Derick	12	C	0			0	
Gonzales, Dominic	12	A	0			0	
Pardo, Eddie	10	LM	0			0	
Martinez, Bailey	10	N	0			0	

Girls Varsity			SLC1	SLC2	SLF		AL
Huerta, Samantha	12	LM	10			10	
Diaz, Misty	10	N	9			9	
Osorio-Melendez, Jennifer	11	N	8			8	
Galindo, Ruby	10	N	7			7	
Ramirez, Alejandra	10	N	6			6	
Brooks, Aleah	10	LM	5			5	
Katsuda, Brianna	10	C	4			4	
Diaz, Destiny	12	M	3			3	
Lin, Catherine	12	C	2			2	
Dominguez, Aileen	10	LM	1			1	
Parker, Daria	12	M	0			0	
Sato, Laura	10	C	0			0	
Lafferre, Jazlyn	9	LM	0			0	
Robles, Jessica	10	N	0			0	