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CERRITOS CROSS COUNTRY

THE INSIDER

November 7, 2011
Volume IX Issue 17

Dons Reach Milestone at League Finals

¤ LADY DONS WIN FIRST LEAGUE TITLE SINCE 1998, WHILE THE BOYS RUN THE FASTEST TEAM TIME IN SCHOOL HISTORY AT CERRITOS REGIONAL.

CERRITOS, CA - The Dons reached a milestone at the 2011 Suburban League Championship held at Cerritos Regional Park as the girls varsity team won their first league title since 1998 and the boys ran the fastest time on Cerritos Regional Park's league course.

Danielle Joslin came through big in the girls junior varsity race, as she surged to a lead and never looked back, taking a 37 second victory. Alyssa Movchan finished in 5th in 22:25, as the Dons came closer to victory with the 6-7 finish of Keilani Trias (22:27) and Jasmine Armas (22:51). Yasmin Cortez sealed the league championships with her 11th place finish in 23:21. The championship is the Dons second in a rown and eighth in nine years.

The boys junior varsity squad faced a tough senior driven Norwalk squad who race out at the start. The Dons slowly crept back into the picture, as Shrineel Patel (17:11) and Arthur Caliz (17:21) took home second and third, however, the 2-3-4 pack of the Lancers moved forwad to keep Cerritos from catching up, despite the strong moves of Kelvin Huang (7th, 17:48), Benjamin Batres (9th, 17:56), and Mitchell Lin (11th, 18:06). The Dons finished just eight points behind Norwalk, despite having to move up one athlete to varsity.

The girls varsity team tried to do something a decade worht of athletes have tried to do, defeat La Mirada. The Dons, from the start, pushed to do just that, as they once again started with the 2-3 finish of Athalia Magaña and Connie Caliz. Behind them, Jennifer Park held strong in sixth with her 20:27, however La Mirada was just two points behind the Dons after three runners. Yet the pack of the Dons knew what was at stake as they pushed forward with a 10-11-12 finish behind Audrey Lee, Monique Gavilanes and Jessica Kim with Ashley Juarez not far behind in 15th to take a 32-46-59 victory over La Mirada and Mayfair.

The boys varsity team went strong as they kept themselves in the race midway through the race. With Norwalk spreading apart and Mayfair with three in the top seven, the race started to tighten up. However, with no athlete in the top seven, the Dons 9-10-11-12 finish behind Joshua Quarles (16:39), Ganesh Tilve (16:43), Andrew Shen (16:44), and Raymond Lim (16:51) could not help them pull off the upset, as the Dons took third. The Dons, however, ran the fastest time in school history at the park on the Suburban League Course. Frank Lee finished in 19th in 17:21, while Jonathan Carranza (18:08) and Mike Tran (18:08) closed out the lineup for the Dons.

The team had numerous personal records (0:45+) set including Megan Yamachika (5:35), Deemal Patel (4:27), Powin Chandtaduly (3:54), Nathan Rosano (2:04), Muskaan Nanda (1:39), Maritza Huizar (1:39), Anne Chung (1:34), Richard Truong (1:16), Mitchell Lin (1:13), Maelia Uy-Gomez(1:07), Arth Patel (1:01), Arthur Caliz (0:51), and Florence Lau (0:51)

Despite being on different courses, the largest improvements from 2010 to 2011 (4:00+) included Anastasia Guanio (8:03), Monique Gavilanes (6:47), Anne Chung (5:40), Mario Anguiano (4:51), Vincent Chao (4:48), Clarissa Carcamo (4:36), Shrineel Patel (4:31), Arth Patel (4:25), Joshua Suh (4:16), Jasmine Armas (4:12), and Alysza Permalino (4:00).

The Dons now look forward to the CIF Preliminaries which will take place on Saturday, November 12, 2011. The girls will race in Division III Heat 3 at 8:39am and the boys in Division III Heat 3 at 11:38am at Mt. SAC. If you wish to attend, please sign up with Coach Watanabe ASAP, as a few seats on the bus remain. Please note that CIF charges for admission to the race.

CIF Week

For athletes on the CIF team, please note the following schedule to ensure that you are set with your schedule to attend the practices during the week. Athletes who cannot attend a practice or event should notify Coach Watanabe as soon as possible.

11/8 - CIF Run, 3pm
11/9 - CIF Dinner, 6:30pm
11/10 - Ice Bath
11/11 - Morning Practice, 7:00am
11/12 - CIF Preliminaries, Depart 6am

Junior Olympics

Athletes signed up to compete at the junior olympics should note that there is no set time scheduled for races! Athletes who are sophomores or older will not race before 11:30am and may race as late as 2pm. Please keep the schedule in mind for planning for that day. We encourage athletes to find their own rides, however, will also provide some rides the day of the meet. Since we have individuals in the youth division, we will be leaving at 9:00am the day of the race. If you have not yet signed up or turned in your age verifications forms and still wish to sign up, please submit them no later than MONDAY, NOVEMBER 7, otherwise, there is no possible way that you will be able to get registered to sign up. The top 25 or top 3 teams will advance to San Diego.

Freeze Frames

Racing

Striding

Champions

Challenge

Upcoming Events

ASAP	Option #1 Donations
11/08	CIF Run
11/09	CIF Dinner Macaroni Grill, 6:30p
11/10	Ice Bath
11/11	Morning Practice, 7am
11/12	CIF Preliminaries, Depart 6a Mt. SAC (8:39a, 11:38a)
11/13	Association 33 Jr. Olympics Mt. SAC, Depart 9:00am
12/13	Banquet, Sheraton, 5:30pm

Highlights

Suburban League Championships AoM
Rally Monkey - Andrew Shen, Florence Lau
Powin Chantaduly, Anne Chung, Richard Truong
Eunice Hong, Hannah Han, Kent Chen

Honorable Mentions
Mohammed Abbasi, Celine Chen, Yi-ling Chao
Anastasia Guanio, Katherine Hou, Matthew Hu
Ginny Huang, Andrew Kim, Darren Lee (12)
Charissa Liu, Caroline Luu, Aditya Mistry
Muskaan Nanda, Deemal Patel, Karishma Patel
Dennis Pungdumri, Bala Sridhar, Nina Ung
Megan Yamachika, Joshua Yee

Quotable Corner

"When you have come to the edge of all the light you have and step into the darkness of the unknown, believe that one of the two will happen to you - either you'll find something solid to stand on or you'll be taught how to fly!"

- Richard Bach

Contact Information

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

CERRITOS DISTANCE: THE FLIP SIDE

Cross Country Camp & Trip Information

Payment/Donation Deadline

Important payment deadlines are coming up soon and it is very important that you get your donations and 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.

Option #1 Donation $250
Oregon Late Payment $450

Thien-Nam To Strides to the State Championships in Fresno

ONTARIO, CA - Thien-Nam To will be headed to Fresno for the community college state championships on November 19 at Woodward Park. While his team at Compton Community College was not successful in qualifying to the state championships, Thien-Nam To qualified as an individual with his 57th place finish in 21:31.6 over the 4mi course. In a tightly contest race, a thirty second improvement for To would have moved him up thirty places, as the race averaged over one runner per second from the 10th finisher to the 100th finisher. With every second counting, Thien-Nam ran strong and ended up in a qualifying position, fourth out of 14 individual qualifier. Congratulations Thien-Nam and best of luck to you at the state championships.

A Lesson in Never Giving Up

Author - Unknown

Two frogs fell into a deep cream bowl.
One was an optimistic soul.
But the other took the gloomy view.
"We'll drown," he lamented without much ado,
and with a last despairing cry,
he flung up his legs and said "Goodbye."

Quote the other frog with a steadfast grin,
"I can't get out but I won't give in,
I'll just swim around till my strength is spent,
then I'll die the more content."
Bravely he swam to work his scheme,
and his struggles began to churn the cream.

The more he swam, his legs a flutter,
the more the cream turned into butter.
On top of the butter at last he stopped,
and out of the bowl he gaily hopped.

What is the moral? It's easily found...
If you can't hop out, keep swimming around!

No matter what the odds are that you will succeed, you can never give up hope, as you never know what may come your way. When you feel as if you are cornered, trapped, or you know the ill-fate headed your way, understand that you must continue to maintain hope and will in order to give yourself an opportunity.

In cross country, as in life, you will face many situations where you feel that you have failed or will fail, however, look at the situation with optimism and never give up. You may find that there is a role that you can play, another way to address a situation, or may be presented with an opportunity you may not have realized, just by continuing to push forward, even when you feel all hope is lost.

In each of us lies greatness and if we continue to strive to find that one thing in which we will find the greatest success, we will eventually find it. Through my experiences with you, I have discovered something special about each one of you and I am glad to have met you all. I hope that each of you realizes that life is not always so clear cut and buried treasure, sometimes the greatest value and beauty is found a place that no others would have spent the time looking. Find that buried treasure within yourself and keep pushing forward. Never give up!

Junior Olympics

WALNUT, CA - The junior olympic series allows athletes to compete beyond their normal high school season with a club. Athletes interested in competing in the post-season races should contact Coach Watanabe for a form. The races will begin on November 13, 2011 for athletes not competing at CIF Finals. The association 33 meet will be held at Mt. SAC around noon. Athletes finished in the top 25 will advance to the next round in San Diego. Athletes who qualify do not need to advance to the next round if they decide not to compete. Athletes who finish in the top 25 in the Region 15 meet, will advance to the National Junior Olympic Championships in Myrtle Beach, South Carolina. Athletes will be competing in teams based on their year of birth. The last day to sign up is Monday, November 7.

Membership - $20

Association 33 - $10
November 13, 2011
Mt. SAC College

Region 15 = $15 + Travel
Novembe r 20, 2011
Kit Carson Park, San Diego

Nationals - $20 + Travel
December 10, 2011
Whispering Pines Golf Course
Myrtle Beach, South Carolina

Our program has had many athletes compete at the highest levels in the USATF and have enjoyed the opportunity to travel and compete. If interested, please contact Coach Watanabe ASAP. You should be signed up by November 1, 2011.

Iolani Invitational

September 13-17, 2012

*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
Keilani Trias
Alyssa Movchan

Boys
Ganesh Tilve
Joshua Quarles
Jonathan Carranza
Raymond Lim
Shrineel Patel
Frank Lee
Arthur Caliz
Benjamin Batres
Mitchell Lin
Arth Patel (G)

Due to a coaching change a Iolani, there is a very slight chance that the meet may be canceled. If the Iolani Invitational is canceled, we will attend another meet around the same time period in the area. More details will be provided by the banquet, when the preliminary schedule for next year is released.

Athletes who are planning on attending this meet (qualifiers) or Mammoth Camp next year should visit the cross country website soon for the updated advertising/sponsorship forms. As discussed at our meeting, we plan on beginning the process of raising funds sooner, rather than later. If we start now, we have a great chance of meeting our fundraising goals.

THE INSIDER

THE COLUMN
"THE EDGE & BEYOND"

THE COLUMN: THE EDGE & BEYOND

The Edge & Beyond: Part II

The ability to soar to a high greater than ever before is satisfying, as you looked back on the edge that once confined you. As you peer down below, you can take a deep breath and smile with satisfaction, as you have arrived at a place undiscovered.

As you stand alone above all else, you must ask yourself, is this where my journey should end? Each of us must tackle this question and ask if there is something greater than being great and if we can set the bar higher than anyone could have ever imagined. While most will fail reaching the heights at which you now stand, you must decide if you are satisfied or if you're willing to sacrifice yourself once again in order to see just how far you can go. As while very few will ever arrive where you now stand, you can attempt to reach a high where only the elite will set foot, if anyone at all.

However, to arrive at this level, you must endure obstacles you thought you could never conquer, discomforts you hoped you would never face, and challengers you never thought you could conquer. The doubts that will arise will be plentiful and depths that surround are awaiting your defeat. You will become the underdog of many, as many will watch on as you take on this challenge, expecting that you will fall short. There will be many doubters and critics, however, it's time to set out to prove them wrong.

Each of you have already begun to prepare yourself for this journey ahead, in fact, most of you are prepared for it, the question is, if you are able to use all of your resources to allow yourself to reach these heights to which you hope to obtain. You have trained tirelessly for hours in heat and the cold, on the hills, in the weight room, and in the water to allow yourself to challenge the physical obstacle ahead. You have developed your minds and your spirit to keep you going when you feel as if you have nothing left to give. You have added to your arsenal of courage, determination, hope, will, confidence, and selflessness in order to find that final ounce that will you need to surmount the difficulties ahead.

This is not a journey you will be able to succeed at alone, as it will take every one of you to transcend the boundaries that you now face. Each of you must confide in each other and become one unit in order to take down the giants which you will encounter, the obstacles you will face, and the doubts that will try to take you down. If you allow every ounce of yourself - your body, your heart, your mind, and your soul - to believe in your abilities, you will allow yourself the best opportunity to soar to the greatest heights and see sights that are breathtaking and indescribable. It will take more than it took to arrive where you now stand, however, I have faith that each of you have the ability to do what is needed to get to this place that lies "beyond," awaiting for your arrive.

You have no time to waste. Your multitude of supporters are standing by awaiting to cheer you on, as they know that if you risk it all to reach what is greater, you have already found success and because of that, you have nothing to fear. Each and every one of you have made us proud and there is no doubt you will make us proud once again as you step off another edge to see just how far you can soar.

Remember all that you learned. Support all those who journey with you. Trust in yourself and your companions and finally, *carpe diem*!

Website Information
www.cerritosxc.com
cerritos
mustardb

	Name	G	SLF11	CONV	3PR11	+/-	3PRC	+/-	SLC111	+/-	SLF10	SLF09	SLF08
F	Magaña, Athalia	12	19:28	19:01	18:59	0:02	18:59	0:02	20:13	0:45	21:05	20:22	23:22
F	Caliz, Connie	11	19:45	19:17	20:09	0:51	19:20	0:02	20:30	0:45	20:39	19:48	
F	Park, Jennifer	11	20:27	19:59	19:56	0:03	19:30	0:29	21:44	1:17	22:07	21:00	
F	Gavilanes, Monique	10	20:42	20:13	20:24	0:10	20:24	0:10	21:38	0:56	27:01		
F	Lee, Audrey	12	20:51	20:22	20:18	0:04	20:18	0:04	21:34	0:43	22:52		25:45
F	Kim, Jessica	10	20:53	20:24	20:30	0:05	20:30	0:05	21:45	0:52	22:16		
F	Juarez, Ashley	12	21:13	20:43	21:01	0:17	21:01	0:17	21:52	0:39			
F	Joslin, Danielle	11	21:32	21:02	21:48	0:45	21:14	0:11	23:00	1:28	23:18		
F	Movchan, Alyssa	9	22:25	21:54	21:45	0:09	21:45	0:09	23:38	1:13			
F	Trias, Keilani	11	22:27	21:56	21:42	0:14	21:42	0:14	23:58	1:31		24:43	
F	Armas, Jasmine	11	22:51	22:19	22:20	0:00	22:20	0:00	24:17	1:26	26:32		
F	Cortez, Yasmin	12	23:21	22:49	23:24	0:34	22:04	0:45	25:16	1:55			
F	Hong, Eunice	11	23:30	22:57	22:46	0:11	22:46	0:11	24:39	1:09	26:05	23:55	
F	Muralidharan, Revathi	12	23:36	23:03	22:50	0:13	22:50	0:13	24:14	0:38	24:05	22:28	25:06
F	Hwang, Aprille	12	23:41	23:08	21:48	1:20	21:48	1:20	23:43	0:02	25:11	23:35	25:49
F	Han, Hannah	12	23:44	23:11	22:52	0:19	22:52	0:19	W				
F	Liu, Charissa	10	24:02	23:29	22:43	0:46	22:43	0:46	24:28	0:26	25:13		
F	Chu, Megan	9	24:11	23:37	23:17	0:20	23:17	0:20	25:42	1:31			
F	Lau, Florence	9	24:24	23:50	24:42	0:51	24:42	0:51	28:24	4:00			
F	Luu, Caroline	11	24:26	23:52	22:33	1:19	22:28	1:24	24:01	0:25		23:13	
F	Hulett, Victoria	11	24:27	23:53	23:33	0:20	23:33	0:20	26:16	1:49			
F	Carcamo, Clarissa	11	24:29	23:55	23:41	0:14	23:41	0:14	26:10	1:41	28:32		
F	Lopez, Breana	9	24:37	0:03	23:11	0:52	23:11	0:52	26:25	1:48			
F	Gau, Mignon	9	24:39	0:05	24:07	0:01	24:07	0:01	26:33	1:54			
F	Nanda, Muskaan	11	24:45	0:11	25:51	1:39	25:51	1:39	28:22	3:37			
F	Huang, Ginny	10	24:46	0:12	23:32	0:40	23:32	0:40	27:01	2:15	26:12		
F	Raghavan, Ramya	10	24:47	0:13	24:34	0:20	24:34	0:20	W		26:02		
F	Cortez, Natalie	11	24:48	0:14	22:05	2:09	21:38	2:36	24:48	0:00	25:28	23:28	
F	Pleasant, Moriah	10	24:49	0:15	21:26	2:49	21:26	2:49	UNEX		26:29		
F	Bocanegra, Brianna	11	25:02	0:27	23:06	1:21	23:06	1:21	S				
F	Pedroza, Lorena	9	25:02	0:27	24:17	0:10	24:17	0:10	24:42	0:20			
F	Chung, Anne	10	25:26	0:51	26:26	1:34	26:26	1:34	W		30:32		
F	Chen, Kelly	11	25:30	0:55	23:36	1:19	23:36	1:19	27:23	1:53	28:38	27:04	
F	Cheng, Kristy	10	26:06	1:30	23:37	1:53	23:37	1:53	26:35	0:29			
F	Vo, Minh-Thao	10	26:06	1:30	25:00	0:30	25:00	0:30	28:19	2:13			
F	Chen, Celine	10	26:09	1:33	24:57	0:36	24:57	0:36	27:58	1:49			
F	Permalino, Alysza	12	26:14	1:38	26:15	0:36	26:15	0:36	27:37	1:23	29:39		
F	Patel, Karishma	10	26:24	1:47	24:26	1:21	24:26	1:21	W		29:28		
F	Lee, Tonya	11	26:26	1:49	24:24	1:25	23:56	1:53	27:13	0:47	27:36	27:17	
F	Guanio, Anastasia	10	26:38	2:01	24:17	1:44	24:17	1:44	27:15	0:37	34:05		
F	Rhea, Lauren	10	27:01	2:24	24:11	2:13	24:11	2:13	W		29:54		
F	Won, Jeannie	9	27:24	2:46	25:48	0:58	25:48	0:58	29:45	2:21			
F	Shimoda, Amanda	12	27:35	2:57	25:51	1:06	23:18	3:39	29:41	2:06	W	23:53	25:53
F	Hou, Katherine	9	27:56	3:17	27:24	0:06	27:24	0:06	W				
F	Chao, Yi-Ling	11	27:57	3:18	27:48	0:29	27:48	0:29	32:35	4:38	30:26		
F	Chu, Murphy	11	28:07	3:28	25:03	2:25	24:36	2:52	27:02	1:05	30:49	27:47	
F	Sok, Janet	12	28:48	4:08	27:38	0:30	26:23	1:45	30:18	1:30	31:13		
F	Huizar, Maritza	11	28:53	4:13	29:53	1:39	29:53	1:39	33:10	4:17			
F	Davis, Ronni	11	29:02	4:22	27:44	0:38	27:44	0:38	32:34	3:32			
F	Uy-Gomez, Maelia	9	29:09	4:29	29:37	1:07	29:37	1:07	32:40	3:31			
F	Yamachika, Megan	9	29:09	4:29	34:05	5:35	34:05	5:35					
F	Dulay, Sherilyn	10	30:12	5:30	29:12	0:18	29:12	0:18	21:24	8:48			
F	Ung, Nina	11	31:24	6:41	25:28	5:13	24:05	6:36	W				
			101:13	98:52									
M	Quarles, Josh	10	16:39	16:16	16:35	0:18	16:35	0:18	17:26	0:47	18:24		
M	Tilve, Ganesh	11	16:43	16:20	16:08	0:12	16:06	0:14	16:56	0:13	17:02	17:14	
M	Shen, Andrew	12	16:44	16:21	16:39	0:17	16:39	0:17	17:42	0:58	18:46	17:16	20:27
M	Lim, Raymond	11	16:51	16:27	16:44	0:16	16:44	0:16	17:44	0:53	19:00	19:20	
M	Patel, Shrineel	10	17:11	16:47	16:58	0:10	16:58	0:10	18:12	1:01	21:19		
M	Lee, Frank	10	17:21	16:57	16:43	0:14	16:43	0:14	18:30	1:09	17:56		
M	Caliz, Arthur	10	17:21	16:57	17:58	1:00	17:58	1:00	18:55	1:34	19:19		
M	Huang, Kelvin	12	17:48	17:23	17:33	0:09	17:30	0:06	18:01	0:13	18:11	18:43	
M	Batres, Benjamin	10	17:56	17:31	17:56	0:24	17:50	0:18	18:48	0:52	20:11		
M	Lin, Mitchell	11	18:06	17:41	18:55	1:13	18:55	1:13	W		20:29		
M	Carranza, Jonathan	10	18:08	17:43	16:27	1:16	16:27	1:16	17:43	0:25	19:09		
M	Tran, Mike	12	18:08	17:43	16:40	1:03	16:40	1:03	18:26	0:18	18:06	18:34	22:25
M	Vongphanichith, Timothy	12	18:18	17:52	18:03	0:10	17:29	0:23	19:35	1:17	18:23	19:22	22:18
M	Patel, Arth	10	18:21	17:55	18:57	1:01	18:57	1:01	W		22:21		
M	Hojo, Brandon	12	19:09	18:42	18:35	0:07	18:35	0:07	20:24	1:15	20:44	21:24	22:11
M	Lee, Darren	11	19:21	18:54	19:47	0:52	19:35	0:40	22:14	2:53	21:22		
M	Suh, Joshua	12	19:29	19:02	17:51	1:11	17:51	1:11	19:57	0:28	23:19	20:12	
M	Chen, Kent	12	19:33	19:06	18:45	0:21	18:45	0:21	20:12	0:39	20:31	21:12	
M	Ko, Isaac	11	19:34	19:07	19:18	0:10	19:18	0:10	?		23:00	21:59	25:00
M	Kim, Andrew	9	19:42	19:15	19:35	0:19	19:35	0:19	20:34	0:52			
M	Anguiano, Mario	10	19:51	19:23	19:44	0:20	19:44	0:20	21:09	1:18	24:15		
M	Hugh, Michael	9	19:59	19:31	19:35	0:03	19:35	0:03	21:47	1:48			
M	Cortez, Christian	9	20:10	19:42	19:53	0:10	19:53	0:10	25:53	5:43			
M	Lee, Darren	12	20:19	19:51	18:57	0:54	18:41	1:10	21:04	0:45	22:02	21:19	
M	De La Fuente, Patrick	10	20:23	19:55	19:37	0:18	19:37	0:18	23:12	2:49	22:36		
			84:08	82:11									

M	Huang, Lance	10	20:24	19:56	20:14	0:17	19:24	0:32	23:09	2:45	22:52		
M	Aguirre, Mark	11	20:32	20:03	18:36	1:27	18:36	1:27	20:26	0:06	21:24	20:06	
M	Kim, Jonathan	10	20:42	20:13	20:54	0:40	20:54	0:40	21:15	0:33			
M	Truong, Richard	10	20:52	20:23	21:40	1:16	21:40	1:16	22:30	1:38			
M	Ninh, Phillip	11	21:03	20:34	20:47	0:12	20:47	0:12	22:31	1:28			
M	Punggumri, Dennis	12	22:08	21:37	20:28	1:09	20:28	1:09	21:21	0:47	23:03	21:58	
M	Rosano, Nathan	9	22:12	21:41	23:46	2:04	23:46	2:04	26:20	4:08			
M	Hu, Matthew	11	22:16	21:45	21:40	0:05	21:40	0:05	25:36	3:20	25:03		
M	Sridhar, Bala	10	22:18	21:47	21:46	0:01	21:46	0:01	23:35	1:17			
M	Beaulieu, Connor	11	22:45	22:13	21:29	0:44	21:29	0:44	W				
M	Yee, Joshua	12	23:24	22:51	22:07	0:44	22:07	0:44	24:33	1:09			
M	Gandhi, Ankur	12	23:25	22:52	22:26	0:26	22:26	0:26	25:15	1:50			
M	Doshi, Sapan	9	23:55	23:22	22:35	0:47	22:35	0:47	24:01	0:06			
M	Chao, Vincent	12	24:05	23:32	22:57	0:35	22:57	0:35	25:31	1:26	28:21	28:09	30:06
M	Chen, Brian	10	24:12	23:38	22:27	1:11	22:27	1:11	25:20	1:08			
M	Abbasi, Mohammed	9	24:30	23:56	23:25	0:31	23:25	0:31					
M	Chantaduly, Powin	9	24:37	0:03	27:58	3:54	27:58	3:54					
M	Wan, Lawrence	10	25:01	0:26	23:24	1:02	22:55	1:31	26:11	1:10	23:44		
M	Liu, Benjamin	9	25:15	0:40	25:06	0:25	25:06	0:25	27:29	2:14			
M	Patel, Deemal	11	26:07	1:31	29:59	4:27	29:59	4:27	30:29	4:22			
M	Chosawasdi, Warin	11	28:17	3:38	27:12	0:26	24:24	3:14	30:09	1:52	28:52		
M	Shin, Stephen	10	29:21	4:40	28:38	0:02	28:38	0:02	UNEX				
M	Mistry, Aditya	9	30:50	6:07	29:45	0:22	29:45	0:22	20:56	9:54			
M	Yagake, Bobby	10	31:03	6:20	26:06	4:14	26:06	4:14	20:54	10:09			
M	Yi, Jed	9	31:38	6:54	-		-		22:57				
M	Chang, Kevin	10	W		21:05		20:57		22:12		22:55		
M	Chiang, Ian	12	W		17:03		17:03		17:42				
M	Chun, Mark	11	U		22:39		21:36		24:03		22:33	23:22	
F	Gee, Kaitlyn	10	W		23:26		23:26		25:48				
F	Hernandez, Krystal	11	W		23:08		23:08		INJ				
M	Hsiang, Eddie	10	W		27:46		26:21		30:01		29:28		
F	Hwang, Jennifer	10	W		23:45		23:36		25:06		26:29		
M	Kim, Aaron	9	U		23:01		23:01		INJU				
M	Kim, David	9	U		18:52		18:52		19:58				
M	Kim, Isaac	10	W		18:32		18:32		19:30		19:53		
F	Kim, Tiffany	10	W		26:50		26:50		W				
M	Lavadores, Markus	9	U		18:13		18:13		19:55				
M	Lee, Simon	10	W		25:16		21:54				25:01		
F	Magallanes, Ana	10	W		23:17		23:17		24:06		27:01		
M	Mun, David	9	Q		26:02		26:02						
M	Pleasant, Andrae	10	Q		24:32		24:32		IL				
M	Preciado, Christian	10	Q		26:13		26:13		B				
F	Resultay, Erika	11	W		-		19:57		W		23:13	22:12	
F	Sam, Allison	10	W		28:03		28:03		30:08				
F	Uy, Kristy Marie	11	U		-		-		21:03				
F	Wong, Allison	10	W		25:37		25:37		28:33				
M	Zhuang, Mike	12	W		18:53		18:53		21:12				

Scoring		CONV	1-3	SG	1-7	1-10
Girls Team	101:23		0:59	1:23	1:45	2:59
Boys Team	86:23		0:05	0:32	0:42	1:27

Cerritos Regional Park & Other

	Girls Varsity	2011		2009		2007	SAC	2004	SAC	2003	
1	Magaña, Athalia	19:28	Sunio	19:13	Chern	20:45	Cerda	20:45	Cerda	21:26	
2	Caliz, Connie	19:45	Tai	19:38	Alarid	20:56	Cooper	20:52	Kuan, D	21:52	
3	Park, Jennifer	20:27	Caliz	19:48	Kuan, S	21:18	Kim, C	21:36	Torres	22:05	
4	Gavilanes, M	20:42	Lim	20:20	Tai	21:40	Kuan, D	21:52	Cooper	22:12	
5	Lee, Audrey	20:51	Magana	20:22	Kim, C	21:54	Baek	22:24	Baek	23:34	
6	Kim, Jessica	20:53	Flores	20:42	Lim	21:55	Torres	22:46	Kim, J	24:11	
7	Juarez, Ashley	21:13	Park	21:00	Machado	22:05	Palafox	22:55	Chung	25:33	
		101:13		99:21		106:33		105:29		111:09	

	Boys Varsity	2011		2009		2007		2004	SAC	2003	SAC
1	Quarles, Joshua	16:39	Joo	16:49	To	16:24	Kumar	17:23	Boulos	17:15	
2	Tilve, Ganesh	16:43	Kohli	16:57	Soon	17:02	Soon	18:15	Kumar	17:24	
3	Shen, Andrew	16:44	Moreno	17:11	Naga, E	17:16	Yoon	18:23	Bhombal	18:24	
4	Lim, Raymond	16:51	Liang	17:13	Joo	17:40	Naga, J	18:26	Baek	18:39	
5	Patel, Shrineel	17:11	Tilve	17:14	Welke	17:46	Yuen	18:42	Moon	18:56	
6	Lee, Frank	17:21	Shen	17:16	Marklay	17:53	Baek	18:46	Kim, A	19:01	
7	Caliz, Arthur	17:21	Poblete	17:18	Poblete	17:56	Hanna	18:59	Yoon	23:30	
		84:04		85:24		86:08		91:09		90:38	

La Mirada Regional Park & Other

	Girls Varsity	2010		2008		2006		2005			
1	Sunio, Jessica	19:39	Tai	20:38	Villegas	20:24	Villegas	20:03			
2	Tai, Gina	20:07	Sunio	20:43	Cerda	21:01	Cooper	20:09			
3	Avila, Kathia	20:31	Chern	21:06	Chern	21:03	Cerda	20:20			
4	Caliz, Connie	20:39	Alarid	21:06	Kuan, S	21:15	Kim, C	21:29			
5	Magaña, Athalia	21:05	Flores	21:37	Alarid	21:17	Palafox	21:52			
6	Park, Jennifer	22:07	Lim	21:46	Cooper	21:39	Wang, T	22:10			
7	Flores, Rachel	22:11	Machado	22:26	Wang, T	22:25	Torres	22:11			
		102:01		105:10		105:00		103:53			

	Boys Varsity	2010		2008		2006		2005			
1	Tilve, Ganesh	17:02	To	16:24	Soon	16:53	Soon	17:09			
2	Liang, Jonathan	17:29	Joo	17:36	Naga, E	17:12	Naga, E	17:17			
3	Lee, Frank	17:56	Liang	17:47	To	17:29	Patel, V	17:47			
4	Tran, Mike	18:06	Poblete	17:51	Horng	17:53	Won	17:57			
5	Huang, Kelvin	18:11	Nishi, K	18:40	Patel, V	18:01	Welke	18:06			
6	Vongphanichith	18:23	Moreno	18:43	Welke	18:08	Yuen	18:17			
7	Quarles, Josh	18:24	Kim, D	18:48	Perera	18:10	To	18:36			
		89:44		88:18		87:28		88:16			

New Personal Records (2011)

	Name	G	SLF11	CONV	3PR11	+/-
F	Yamachika, Megan	9	29:09	4:29	34:05	5:35
M	Patel, Deemal	11	26:07	1:31	29:59	4:27
M	Chantaduly, Powin	9	24:37	0:03	27:58	3:54
M	Rosano, Nathan	9	22:12	21:41	23:46	2:04
F	Nanda, Muskaan	11	24:45	0:11	25:51	1:39
F	Huizar, Maritza	11	28:53	4:13	29:53	1:39
F	Chung, Anne	10	25:26	0:51	26:26	1:34
M	Truong, Richard	10	20:52	20:23	21:40	1:16
M	Lin, Mitchell	11	18:06	17:41	18:55	1:13
F	Uy-Gomez, Maelia	9	29:09	4:29	29:37	1:07
M	Patel, Arth	10	18:21	17:55	18:57	1:01
M	Caliz, Arthur	10	17:21	16:57	17:58	1:00
M	Lee, Darren	11	19:21	18:54	19:47	0:52
F	Lau, Florence	9	24:24	23:50	24:42	0:51
F	Caliz, Connie	11	19:45	19:17	20:09	0:51
F	Joslin, Danielle	11	21:32	21:02	21:48	0:45
M	Kim, Jonathan	10	20:42	20:13	20:54	0:40
F	Permalino, Alysza	12	26:14	1:38	26:15	0:36
F	Cortez, Yasmin	12	23:21	22:49	23:24	0:34
F	Chao, Yi-Ling	11	27:57	3:18	27:48	0:29
M	Liu, Benjamin	9	25:15	0:40	25:06	0:25
M	Batres, Benjamin	10	17:56	17:31	17:56	0:24
F	Raghavan, Ramya	10	24:47	0:13	24:34	0:20
M	Anguiano, Mario	10	19:51	19:23	19:44	0:20
M	Kim, Andrew	9	19:42	19:15	19:35	0:19
M	Quarles, Josh	10	16:39	16:16	16:35	0:18
M	Huang, Lance	10	20:24	19:56	20:14	0:17
M	Shen, Andrew	12	16:44	16:21	16:39	0:17
F	Juarez, Ashley	12	21:13	20:43	21:01	0:17
M	Lim, Raymond	11	16:51	16:27	16:44	0:16
M	Ninh, Phillip	11	21:03	20:34	20:47	0:12
M	Ko, Isaac	11	19:34	19:07	19:18	0:10
M	Cortez, Christian	9	20:10	19:42	19:53	0:10
M	Patel, Shrineel	10	17:11	16:47	16:58	0:10
F	Gavilanes, Monique	10	20:42	20:13	20:24	0:10
M	Vongphanichith, Timothy	12	18:18	17:52	18:03	0:10
M	Huang, Kelvin	12	17:48	17:23	17:33	0:09
F	Hou, Katherine	9	27:56	3:17	27:24	0:06
F	Kim, Jessica	10	20:53	20:24	20:30	0:05
M	Hugh, Michael	9	19:59	19:31	19:35	0:03
F	Gau, Mignon	9	24:39	0:05	24:07	0:01
F	Armas, Jasmine	11	22:51	22:19	22:20	0:00

New Personal Records (Career)

	Name	G	SLF11	CONV	3PRC	+/-
F	Yamachika, Megan	9	29:09	4:29	34:05	5:35
M	Patel, Deemal	11	26:07	1:31	29:59	4:27
M	Chantaduly, Powin	9	24:37	0:03	27:58	3:54
M	Rosano, Nathan	9	22:12	21:41	23:46	2:04
F	Nanda, Muskaan	11	24:45	0:11	25:51	1:39
F	Huizar, Maritza	11	28:53	4:13	29:53	1:39
F	Chung, Anne	10	25:26	0:51	26:26	1:34
M	Truong, Richard	10	20:52	20:23	21:40	1:16
M	Lin, Mitchell	11	18:06	17:41	18:55	1:13
F	Uy-Gomez, Maelia	9	29:09	4:29	29:37	1:07
M	Patel, Arth	10	18:21	17:55	18:57	1:01
M	Caliz, Arthur	10	17:21	16:57	17:58	1:00
F	Lau, Florence	9	24:24	23:50	24:42	0:51
M	Lee, Darren	11	19:21	18:54	19:35	0:40
M	Kim, Jonathan	10	20:42	20:13	20:54	0:40
F	Permalino, Alysza	12	26:14	1:38	26:15	0:36
F	Chao, Yi-Ling	11	27:57	3:18	27:48	0:29
M	Liu, Benjamin	9	25:15	0:40	25:06	0:25
F	Raghavan, Ramya	10	24:47	0:13	24:34	0:20
M	Anguiano, Mario	10	19:51	19:23	19:44	0:20
M	Kim, Andrew	9	19:42	19:15	19:35	0:19
M	Quarles, Josh	10	16:39	16:16	16:35	0:18
M	Batres, Benjamin	10	17:56	17:31	17:50	0:18
M	Shen, Andrew	12	16:44	16:21	16:39	0:17
F	Juarez, Ashley	12	21:13	20:43	21:01	0:17
M	Lim, Raymond	11	16:51	16:27	16:44	0:16
M	Ninh, Phillip	11	21:03	20:34	20:47	0:12
F	Joslin, Danielle	11	21:32	21:02	21:14	0:11
M	Ko, Isaac	11	19:34	19:07	19:18	0:10
M	Cortez, Christian	9	20:10	19:42	19:53	0:10
M	Patel, Shrineel	10	17:11	16:47	16:58	0:10
F	Gavilanes, Monique	10	20:42	20:13	20:24	0:10
M	Huang, Kelvin	12	17:48	17:23	17:30	0:06
F	Hou, Katherine	9	27:56	3:17	27:24	0:06
F	Kim, Jessica	10	20:53	20:24	20:30	0:05
M	Hugh, Michael	9	19:59	19:31	19:35	0:03
F	Caliz, Connie	11	19:45	19:17	19:20	0:02
F	Gau, Mignon	9	24:39	0:05	24:07	0:01
F	Armas, Jasmine	11	22:51	22:19	22:20	0:00

Improvement from 2010 (LM) to 2011 ©						
	Name	**G**	**SLF11**	**CONV**	**SLF10**	**+/-**
F	Guanio, Anastasia	10	26:38	2:01	34:05	8:03
F	Gavilanes, Monique	10	20:42	20:13	27:01	6:47
F	Chung, Anne	10	25:26	0:51	30:32	5:40
M	Anguiano, Mario	10	19:51	19:23	24:15	4:51
M	Chao, Vincent	12	24:05	23:32	28:21	4:48
F	Carcamo, Clarissa	11	24:29	23:55	28:32	4:36
M	Patel, Shrineel	10	17:11	16:47	21:19	4:31
M	Patel, Arth	10	18:21	17:55	22:21	4:25
M	Suh, Joshua	12	19:29	19:02	23:19	4:16
F	Armas, Jasmine	11	22:51	22:19	26:32	4:12
F	Permalino, Alysza	12	26:14	1:38	29:39	4:00
M	Ko, Isaac	11	19:34	19:07	23:00	3:52
F	Chen, Kelly	11	25:30	0:55	28:38	3:42
F	Patel, Karishma	10	26:24	1:47	29:28	3:40
F	Rhea, Lauren	10	27:01	2:24	29:54	3:29
F	Chu, Murphy	11	28:07	3:28	30:49	3:20
M	Hu, Matthew	11	22:16	21:45	25:03	3:17
F	Chao, Yi-Ling	11	27:57	3:18	30:26	3:07
F	Hong, Eunice	11	23:30	22:57	26:05	3:07
F	Sok, Janet	12	28:48	4:08	31:13	3:04
M	Huang, Lance	10	20:24	19:56	22:52	2:55
M	Lin, Mitchell	11	18:06	17:41	20:29	2:47
M	De La Fuente, Patrick	10	20:23	19:55	22:36	2:40
M	Batres, Benjamin	10	17:56	17:31	20:11	2:39
M	Lim, Raymond	11	16:51	16:27	19:00	2:32
F	Lee, Audrey	12	20:51	20:22	22:52	2:29
M	Lee, Darren	11	19:21	18:54	21:22	2:27
M	Shen, Andrew	12	16:44	16:21	18:46	2:24
M	Caliz, Arthur	10	17:21	16:57	19:19	2:21
F	Joslin, Danielle	11	21:32	21:02	23:18	2:15
F	Pleasant, Moriah	10	24:49	0:15	26:29	2:13
M	Lee, Darren	12	20:19	19:51	22:02	2:10
F	Park, Jennifer	11	20:27	19:59	22:07	2:07
M	Quarles, Josh	10	16:39	16:16	18:24	2:07
F	Magaña, Athalia	12	19:28	19:01	21:05	2:03
F	Hwang, Aprille	12	23:41	23:08	25:11	2:02
M	Hojo, Brandon	12	19:09	18:42	20:44	2:01
F	Huang, Ginny	10	24:46	0:12	26:12	1:59
F	Kim, Jessica	10	20:53	20:24	22:16	1:51
F	Raghavan, Ramya	10	24:47	0:13	26:02	1:48
F	Lee, Tonya	11	26:26	1:49	27:36	1:46
F	Liu, Charissa	10	24:02	23:29	25:13	1:43
M	Carranza, Jonathan	10	18:08	17:43	19:09	1:25
M	Punqdumri, Dennis	12	22:08	21:37	23:03	1:25
M	Chen, Kent	12	19:33	19:06	20:31	1:24
F	Caliz, Connie	11	19:45	19:17	20:39	1:21
M	Aguirre, Mark	11	20:32	20:03	21:24	1:20
F	Cortez, Natalie	11	24:48	0:14	25:28	1:13
M	Chosawasdi, Warin	11	28:17	3:38	28:52	1:13
F	Muralidharan, Revathi	12	23:36	23:03	24:05	1:01
M	Lee, Frank	10	17:21	16:57	17:56	0:58
M	Huang, Kelvin	12	17:48	17:23	18:11	0:47
M	Tilve, Ganesh	11	16:43	16:20	17:02	0:41
M	Vongphanichith, Timothy	12	18:18	17:52	18:23	0:30
M	Tran, Mike	12	18:08	17:43	18:06	0:22

		Boys Varsity	Girls Varsity	Boys Jr. Varsity	Girls Jr. Varsity
2011	C	Norwalk	Cerritos	Norwalk	Cerritos
		VanderBaan, Caleb (M) 16:11	Jones, Taylor (L) 19:08	Nuno, Vincent (N) 17:09	Joslin, Danielle © 21:32
		MVP BV - Salinas, Elvis			
2010	L	Norwalk	La Mirada	Cerritos	Cerritos
		Taylor, Brandon (M) 15:36	Jones, Taylor (L) 19:01	Wong, Eric (L) 17:57	Kim, Jessica © 22:16
2009	C	Norwalk	La Mirada	Norwalk	La Mirada
		Garcia, Regan (L) 16:10	Jones, Taylor (L) 18:52	Reyes, Raul (L) 17:17	Hickman, Amber (L) 21:04
2008	L	Cerritos	La Mirada	Cerritos	Cerritos
		To, Thien-Nam © 16:24	Manzo, Celinda (L) 19:54	Hirschberg, Julio (N) 18:24	Macado, Michelle © 22:26
2007	C	Cerritos	La Mirada	Cerritos	Cerritos
		Bailey, Torion (M) 16:15	McInyre, Lauren (L) 19:50	Marklay, Bryan © 17:53	Macado, Michelle © 22:05
		MVP BV - To, Thien-Nam			
2006	L	Norwalk	La Mirada	Norwalk	Cerritos
		Vega, Hector (N) 15:48	Felix, Stephanie (L) 18:09	Welke, Donald © 18:08	Cortes, Tatiana (L) 22:00
2005	L	Norwalk	La Mirada	Norwalk	Cerritos
		Charles, Vince (N) 15:56	Felix, Stephanie (L) 17:51	Neacato, Scott (N) 17:30	Palafox, Rebekah © 21:52
2004	SAC	Norwalk	La Mirada	Norwalk	Cerritos
		Perez, Eddie (N) 16:18	Cos, Jessika (N) 20:03	Pimentel, Luis (N) 17:46	Pasillas, Jenna (L) 22:33
2003	SAC	Norwalk	La Mirada	Norwalk	Cerritos
		Perez, Eddie (N)	Stephens, Amanda (L)		
2002	###	Norwalk	La Mirada		
		Mirola, Jesse (N)	Thompson, Lynette (B)		
2001	###	Norwalk	La Mirada		
		Mirola, Jesse (N)	Thompson, Lynette (B)		
2000	###	Norwalk	Bellflower		
		Mahan (N)	Yi, Leann ©		
1999	###	Norwalk	La Mirada		
		Mahan, Vikram (N)	Yi, Leann ©		
1998	CLR	Cerritos	Cerritos		
		Mahan, Vikram (N)	Yi, Leann ©		
1997	###	Norwalk	La Mirada		
		Guiterrez, Rigo (N)	Hernandez, Aracne (B)		
1996	###	La Mirada	La Mirada		
		Vincelet, Josh (L)	Hernandez, Aracne (B)		
1995	###	John Glenn	La Mirada		
		Vincelet, Josh (L)	Hernandez, Aracne (B)		
1994	###	La Mirada	Norwalk		
		Balaban, Brad (L)	Boyd, Alexis (L)		
1993	###	Norwalk	La Mirada		
		Marquez, Carlos (A)	Maldonado, Emily (L)		
1992	###	Norwalk	Norwalk		
		Bowers (JG)	Martinescu, Mihaela (N)		
1991	###		Norwalk		
			Martinescu, Mihaela (N)		
1990	###		Norwalk		
1989	###		Norwalk		
		Perez, Chris (L)			
1988	###		Norwalk		
1987	###		Norwalk		
1986	###		La Mirada		
1985	###				
1984	###				
1983	###		Artesia		
1982	###				