http://www.cerritosxc.com

CERRITOS CROSS COUNTRY

THE INSIDER

July 24, 2017
Volume XV Issue 3

Records Are Made to Fall

¤ AN INDIVIDUAL RECORD FALLS AT TIME TRIAL AS BOTH TEAMS RECORD VERY SOLID PERFORMANCES AT THE FIRST TIME TRIAL OF THE SEASON.

CERRITOS, CA - The Dons began the season with an impressive performance along their own course at the annual time trial. Cole Sawires Yager led the pack with an impressive mark that sets the time trial record and inched closer to the overall two mile record, set by a coach in 2004. While the conditions were perfect, it did not take away from the excellent race from the sophomore who is 28 seconds in front of any athlete who ran the race (excludes alumni/coaches). The day was made better as Mario Amaro ran to the 11th fastest athlete mark in 11:11 and Jaide Lin ran the 15th fastest mark in 13:41.

Overall, the boys improved in three of the top four spots from last year and ran the fastest team time in the last decade. The girls also improved over the past few years marks and despite missing a huge front runner, had a solid pack that could be effective come racing season.

Other athletes making the top grade-level all time lists included Cole Sawires Yager (1st), Sofia Vasquez (3rd), Jaide Lin (6th), Jillian Guzman (6th), Mario Amaro (6th), Kelly Chen (7th), Alicia Cruz (9th), Laura Sato (9th), Samantha Chang (10th), and Ezekiel Alcantar (10th).

There were also a number of athletes with major imporvements inlcuding Kaithelyn Jauregui (4:51), Isha Pema (3:11), Cole Sawires Yager (0:59), Jaide Lin (0:38), Vraj Patel (0:34) and Riddhi Patel (0:34).

The Dons will test themselves again in two weeks from the time trial date as they attend the first of two Gahr Summer Series races that they will attend this season. If this progress continues, the Dons will find themselves in a good place as the season progresses on. With this just being the first of the time trials, the Dons have a lot of room for growth, especially among the strong freshman class that will be joining the Dons in racing in September. If today was a sign of things to come, it will be a wonderfully bright and successful season.

Camp Packets, Signups and Applications

Please note that this year, the packets, signups and applications are available online! Athletes must beging to download this information and submit it ASAP! Signups and paperwork for Mammoth will be open until Monday (7/31). Parents interested in driving, as well as all other counselors, must submit their paperwork ASAP and no later than August 1!

Physicals, Blue Cards, Fees, Forms

All physicals need to be completed ASAP! If you are unable to contact your physican soon, you can get a $15 physical at Iwaki Chiropractic (865-0569) in Artesia. Also, following the completion of the physical, athletes should turn in their STAMPED yellow or blue cards (must make appointment to get the card stamped by the office) and donations into Coach Watanabe. All forms and information from the parent meeting are available online at: http://cerritosxc.weebly.com/orientation.html. Receipt forms are also available on this site and should be submitted with every payment so that you have a record of your payments to the team throughout the season.

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. Taking care of your body daily is an important aspect of staying healthy through the season!

Upcoming Events

TODAY	Stamped Blue Card
ASAP	Mammoth Paperwork Sign Ups Due
07/25	La Mirada Tempo, 4:45p
07/27	Central Park, 4:45p
07/28	Girls' Sleepover Organized by the Captains Please Contact Brianna
07/29	Glavinich Hill, 7a
08/03	Gahr Time Trial, 4:30p

Highlights

Summer Athletes of the Week

Chris Amaro
Alicia Cruz
Kaithelyn Jauregui
Jaide Lin
Eric Perez
Cole Sawires Yager

Freeze Frames

d2

pho

go bananas

time trial

Quotable Corner

"You may have to fight a battle more than once to win it."

- Unknown

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

CERRITOS DISTANCE: THE FLIP SIDE

Cross Country Camp & Trip Information

Mammoth Camp

The camp will be held from August 6-12, 2017 in beautiful Mammoth Lakes, Ca. See why Mammoth is the highlight for many of the athletes. The permission slip packets will be online this week and are due July 21. Please download it ASAP and submit! Registration is open until Monday (7/31). Waiting list athletes must submit all paperwork and payments to reserve their spots and will be refunded if there is no room.

OregonAthletes

Athletes who have qualified for the Iolani Invitational will be posted online this week. Athletes should submit their $150 reservation fee which will be credited towards the final amount due. The total will be approximately $400-500. The athletes should begin fundraising their portion of the fee, which is $100, with the final payment being an additional $250-400 (including fundraising). Please RSVP by sending an application and payment in cash or money order by July 31st. Athletes who are not attending Mammoth cannot petition for the invitational unless you are a first season athlete (no previous XC/TF seasons) and will be subject to an additional $150 charge.

Cross Country 2016-2017

If you know of any athletes who want to join for the cross country season, please pick up a packet for them ASAP! Remember, you receive $10 fundraising credit for athletes who remain for the entire season and make the option 1 donation. Please let me know if you recruit an athlete. If we need to reduce the size of our team, your attendance and effort will be used in our evaluation to decide who makes the final team. We will be limited to approximately 150 athletes.

Important Dates
7/25 - La Mirada Tempo, 4:45p
7/27 - Central Park, 4:45p
7/29 - Glavinich Hill, 7a

Athletes will receive rides to and from Cerritos HS during the Tue, Thu & Sat workouts unless otherwise noted. If not enough rides are present, athletes will be selected based on abilities and at the coach's discretion. Varsity athletes will show up for both the morning and afternoon workouts. The morning workout will be a short run and weights, while the afternoon workout will consist of hill workouts or other workouts requiring travel.

Gahr Two Mile Series

The Dons will compete in two Gahr Two Mile Series this season with the first one being on Thurdsay, August 11th. Athletes who chose option #1 for the season will not be responsible for the race fees, as they will be covered by the program. Athletes will meet at GAHR HIGH SCHOOL on Thursday at 4:30-4:45pm with their SIGNED WAIVER FORMS available online near the newsletter and also on the event page. The races will begin at 6pm and will be grouped by grade level. Athletes are expected to arrive on time so that registration and warmup can be completed on time. Athletes are expected to get their own rides to and from the race.

6:00p - Jr/Sr/Open Boys
6:20p - Jr/Sr/Open Girls
6:45p - Fr/So/Youth Boys
7:05p - Fr/So/Youth Girls

Qualifying Standards
I. Standard A Times
II. Academic (3.0) or Improvement
III. Citizenship
IV. Mammoth Camp [REQ]
V. Fundraising ($300)
VI. Community Service/Volunteer (5 hours)

*** A minimum of one time must be from track.**
** Petitions will be accepted.

Total Cost: $400-450

Petitions Due
Wednesday, July 26th (End of Practice)

Order of Consideration
1. Qualifiers from Track & Field
2. Approval to Petition
3. Mammoth Camp Attendees (2017)
4. Open Petitions [1st Season XC/TF]

Marie Chu [A-Q]
Alicia Cruz [A-Q]
Joanne Huynh [DEC]
Brianna Katsuda [A-Q]
Claire Lee [A-Q]
Jaide Lin [A-Q]
Kari Orr [A-Q]
Lauren Park [A-Q]
Isha Pema [A-Q]
Laura Sato [A-Q]
Sofia Vasquez [A-Q]
Emma Yang [A-Q]

Ezekiel Alcantar [A-Q]
Mario Amaro [A-Q]
Cameron Castro [A-Q]
Jacob Chung [UNDER REVIEW]
Patrick Dang [A-Q]
Frederick Inada [A-Q]
Noah Opena [A-Q]
Vraj Patel [A-Q]
Cole Sawires Yager [A-Q] [PETITION APPROVED]
Ernesto Valencia [A-Q]

[A-P] = Approved via Petition
[A-Q] = Approved via Qualification
[NEED INFO] = Send full name and DOB

Cerritos Cross Country Clothing

We will be setting up a web-based store for athletes to order ADDITIONAL clothing for the season. These items are not mandatory to purchsae but are available for those interesting in having different items to wear through the season.

MAMMOTH THEMES

The condo themes should be distributed this week. Any athlete who is interested in attending should submit their requests by Wednesay.

Science & Math
Art & Innovation
Health & Fitness
History & Culture
Technology & Languages

Your assigned condo will work with the theme through the week and use it to center your plans for the missions during the week. Please let Coach Watanabe know your t-shirt size this week!

THE INSIDER

THE COLUMN "LONG RUNS"

THE COLUMN: LONG RUNS

How should I approach running my long runs?

There is often a fallacy about running. Some people belief that you should run as hard as you can for as long as you can. That is not necessarily the case.Sure, you should be tired after a decently challenging run, but that doesn't mean you should be completely wiped out come the end of the workout.

Running is a very technical sport, as you must really think about all of the training that you do through a season in order to ensure that you can run your best races come season's end. Of course, health is an important factor, however, the training structure is just as important.

As you can see in the chart below, long runs make up the entire base of this performance pyramid. Obviously, a lot of this depends on what you are training for, however, for our program, our goal is to build a nice base for you to build off of. The wider your based, the bigger your pyramid will become.

PACING - Long runs should not be run at inconsistent rates or at a pace that is simply way too fast or too slow. Athletes should find a medium pace and try to stay consistent with that pace through the run. The pace should be comfortable, yet not too slow. Conversation should be fairly easy.

SURFACE - Since Cerritos is not blessed with the best surfaces to run with, athletes with injuries (especially shin splints) should consider either splitting their mileage between route and grass or running entirely on the grass. While it is better to run out, it may be smarter to stay at school.

PREPARE - Be sure to hydrate and provide your body with the right nutrients in order to successfully complete your workout.

PACKING - Athlete should do their best to find a pack to run with. It is much more difficult to run alone than it is to join up with a group. Obviously, you want to find that group with the pace that is comfortable (not too fast/not too slow).

In the end, be sure to pay attention to your long run base, as it will be the foundation that you build off of for the remainder of the season and it could be the reason for your success.

Website Information
www.cerritosxc.com
cerritos
mustardb

			TT17	AVE	CONV	TT16	+/-	TT15	TT14
F	Lin, Jaide	11	13:41	6:50	20:31	14:19	0:38		
F	Sato, Laura	12	13:53	6:56	20:49				
F	Cruz, Alicia	10	14:16	7:08	21:24				
F	Chu, Marie	12	14:20	7:10	21:30	14:38	0:18		
F	Guzman, Jillian	AL	14:23	7:11	21:34				
F	Pema, Isha	11	14:25	7:12	21:37	17:36	3:11		
F	Katsuda, Brianna	12	14:26	7:13	21:39	14:17	0:09	13:50	15:32
F	Lee, Claire	11	14:29	7:14	21:43				
F	Vasquez, Sofia	9	14:36	7:18	21:54				
F	Lee, Kelly	AL	14:43	7:21	22:04				
F	Yang, Emma	10	14:54	7:27	22:21				
F	Park, Lauren	11	15:01	7:30	22:31				
F	Muralidharan, Amita	12	15:26	7:43	23:09	15:05	0:21	15:38	
F	Gomez, Patricia	11	15:42	7:51	23:33	15:50	0:08	16:38	
F	Chang, Samantha	9	15:42	7:51	23:33				
F	Jauregui, Kaithelyn	10	15:45	7:52	23:37	20:42	4:57		
F	Nguyen, Elise	10	16:04	8:02	0:06				
F	Huynh, Joanne	10	16:05	8:02	0:07	16:11	0:06		
F	Kim, Kayla	9	16:20	8:10	0:30				
F	Kwack, Sophia	11	16:32	8:16	0:48				
F	Singh, Karina	9	17:07	8:33	1:40				
F	Kuo, Yvonne	11	17:32	8:46	2:18				
F	Rodriguez, Priscila	9	17:34	8:47	2:21				
F	Patel, Riddhi	10	17:41	8:50	2:31	18:15	0:34		
F	Kuo, Shani	11	17:45	8:52	2:37				
F	Patel, Karina	10	18:05	9:02	3:07				
F	Astorga, Angel	10	18:06	9:03	3:09				
F	Kwon, Melody	11	18:34	9:17	3:51				
F	Ng, Carly	11	18:35	9:17	3:52				
F	Chau, Chloe	10	18:40	9:20	4:00				
F	Chou, Julie	12	20:42	10:21	7:03				
F	Macatuno, Peighton	12	20:51	10:25	7:16	20:34	0:17	21:01	
F	Chu, Rachel	10				19:56			
F	Cruz, Christina	12				20:30		21:58	

			TT17	AVE	CONV	TT16	+/-	TT15	TT14
M	Sawires Yager, Cole	10	10:26	5:13	15:39	11:25	0:59		
M	Amaro, Mario	12	11:11	5:35	16:46	11:24	0:13	12:38	
M	Patel, Vraj	12	11:26	5:43	17:09	12:01	0:35	13:53	
M	Inada, Frederick	12	11:27	5:43	17:10	11:30	0:03		
M	Alcantar, Ezekiel	10	11:49	5:54	17:43				
M	Dang, Patrick	12	12:08	6:04	18:12	12:05	0:03		
M	Alvarado, Aaron	AL	12:22	6:11	18:33				
M	Opena, Noah	11	12:36	6:18	18:54				
M	Giordano, Michael	9	12:46	6:23	19:09				
M	Skube, Luc	11	12:58	6:29	19:27				
M	Valencia, Ernesto	10	13:00	6:30	19:30				
M	Perez, Eric	9	13:18	6:39	19:57				
M	Hamakawa, Kevin	9	13:24	6:42	20:06				
M	Amaro, Chris	9	13:26	6:43	20:09				
M	Yang, Derrick	AL	13:35	6:47	20:22	12:18	1:17	13:07	
M	Alba, Francis	12	13:39	6:49	20:28	13:47	0:08	15:40	
M	Gillispie, Andrew	9	13:40	6:50	20:30				
M	Ayala, Rafael	12	13:49	6:54	20:43				
M	Luciano, Jr., Maynard	12	13:59	6:59	20:58	13:09	0:50	14:12	15:53
M	Chung, Jacob	12	14:03	7:01	21:04	13:10	0:53		
M	Huang, Derek	AL	14:07	7:03	21:10	12:46	1:21	13:49	13:58
M	Byun, Brian	12	14:11	7:05	21:16				
M	Kono, Chad	9	14:20	7:10	21:30				
M	Alba, Zachary	12	14:39	7:19	21:58				
M	Valerio, Vincent	11	15:21	7:40	23:01				
M	Tae, James	9	15:32	7:46	23:18				
M	Jung, Kevin	9	15:36	7:48	23:24				
M	Patel, Neil	10	16:29	8:14	0:43				
M	Abbasi, Ahmer	9	17:21	8:40	2:01				
M	Tsui, Da-Chien	11	17:39	8:49	2:28				
M	Hajari, Arya	10	18:08	9:04	3:12				
M	Agrawal, Mohit	9	19:45	9:52	5:37				
M	Lee, Kaleb	10	20:46	10:23	7:09	20:59	0:13		
M	Satish, Naman	9	20:47	10:23	7:10				
M	Chu, Bryan	12				14:04			
M	Hoang, Anthony	12				14:31		13:54	13:50
M	Luu, Christopher	11				15:38		20:37	
M	Patel, Jaineel	12				11:44		11:53	
M	Serrano, Allen	11				15:32			
M	Yohannes, Adam	11				14:56			

	Girls Varsity	TT17	CONV									DIFF
1	Lin, Jaide	13:41	20:31									0:36
2	Sato, Laura	13:53	20:49									0:26
3	Cruz, Alicia	14:16	21:24									0:22
4	Chu, Marie	14:20	21:30									0:45
5	Pema, Isha	14:25	21:37									0:45
6	Katsuda, Brianna	14:26	21:39									0:48
7	Lee, Claire	14:29	21:43									1:21
			105:47									2:54

	Girls Varsity	TT12	CONV	TT13	CONV	TT14	CONV	TT15	CONV	TT16	CONV	DIFF
1	Katsuda, Brianna	13:32	20:18	14:25	21:37	12:20	18:30	13:46	20:39	14:17	21:25	0:31
2	Lin, Jaide	14:21	21:31	14:30	21:45	13:25	20:07	13:50	20:45	14:19	21:28	0:29
3	Chu, Marie	14:44	22:06	14:31	21:46	13:52	20:48	13:58	20:57	14:38	21:57	0:40
4	Muralidhara, Am	15:24	23:06	16:22	0:33	14:06	21:09	15:25	23:07	15:05	22:37	0:20
5	Huh, Gina	15:27	23:10	16:36	0:54	14:51	22:16	15:27	23:10	15:10	22:45	0:17
6	Atilano, Katherine	15:27	23:10	16:36	0:54	15:19	22:58	15:28	23:12	15:14	22:51	0:14
7	Gomez, Patricia	16:05	0:07	16:43	1:04	15:29	23:13	15:36	23:24	15:50	23:45	0:14
			110:11		114:35		102:50		108:38		110:12	1:03

	Girls Varsity	TT07	CONV	TT08	CONV	TT09	CONV	TT10	CONV	TT11	CONV	
1		13:58	20:57	13:29	20:13	12:56	19:24	12:56	19:24	13:05	19:37	
2		14:02	21:03	13:40	20:30	13:03	19:34	12:57	19:25	13:21	20:01	
3		14:07	21:10	13:41	20:31	13:08	19:42	13:15	19:52	13:59	20:58	
4		14:19	21:28	13:51	20:46	13:43	20:34	13:56	20:54	14:13	21:19	
5		14:44	22:06	13:52	20:48	13:53	20:49	14:09	21:13	14:14	21:21	
6		14:55	22:22	14:11	21:16	14:01	21:01	14:24	21:36	14:30	21:45	
7		14:56	22:24	14:27	21:40	14:18	21:27	14:09	21:13	15:01	22:31	
			106:44		102:49		100:03		100:48		103:16	

	Boys Varsity	TT17	CONV									DIFF
1	Sawires Yager, Col	10:26	15:39									0:42
2	Amaro, Mario	11:11	16:46									0:13
3	Patel, Vraj	11:26	17:09									0:01
4	Inada, Frederick	11:27	17:10									0:03
5	Alcantar, Ezekiel	11:49	17:43									0:05
6	Dang, Patrick	12:08	18:12									0:07
7	Opena, Noah	12:36	18:54									0:31
			84:27									0:52

	Boys Varsity	TT12	CONV	TT13	CONV	TT14	CONV	TT15	CONV	TT16	CONV	DIFF
1	Chuang, Bill	11:04	16:36	11:02	16:33	11:00	16:30	10:55	16:22	11:08	16:42	0:13
2	Amaro, Mario	11:17	16:55	11:03	16:34	11:23	17:04	11:53	17:49	11:24	17:06	0:29
3	Sawires Yanger	11:36	17:24	11:18	16:57	11:58	17:57	12:00	18:00	11:25	17:07	0:35
4	Inada, Frederick	11:39	17:28	11:33	17:19	12:13	18:19	12:31	18:46	11:30	17:15	1:01
5	Patel, Jaineel	12:02	18:03	11:37	17:25	12:19	18:28	12:36	18:54	11:44	17:36	0:52
6	Patel, Vraj	12:08	18:12	11:43	17:34	12:29	18:43	12:38	18:57	12:01	18:01	0:37
7	Dang, Patrick	12:21	18:31	11:44	17:36	12:51	19:16	12:52	19:18	12:05	18:07	0:47
			86:26		84:48		88:18		89:51		85:46	2:44

	Boys Varsity	TT07	CONV	TT08	CONV	TT09	CONV	TT10	CONV	TT11	CONV	
1		11:17	16:55	10:54	16:21	11:10	16:45	11:09	16:43	11:15	16:52	
2		11:29	17:13	11:16	16:54	11:34	17:21	11:24	17:06	11:26	17:09	
3		11:30	17:15	11:25	17:07	11:47	17:40	11:54	17:51	11:30	17:15	
4		11:32	17:18	11:26	17:09	11:53	17:49	12:02	18:03	11:40	17:30	
5		11:32	17:18	11:27	17:10	11:57	17:55	12:12	18:18	11:48	17:42	
6		11:45	17:37	11:31	17:16	11:57	17:55	12:13	18:19	11:53	17:49	
7		11:46	17:39	11:58	17:57	12:00	18:00	12:19	18:28	11:58	17:57	
			85:59		84:41		87:30		88:01		86:28	

			AT	ATG	TTAT	TTATG
Boys Freshman	**1st**	Michael Giordano				
	2nd	Eric Perez				
	3rd	Kevin Hamakawa				
Girls Freshmen	**1st**	Sofia Vasquez				3
	2nd	Samantha Chang				10
	3rd	Kayla Kim				
Boys Sophomores	**1st**	Cole Sawires Yager	2	1	1	1
	2nd	Ezekiel Alcantar				10
	3rd	Ernesto Valenica				
Girls Sophomores	**1st**	Alicia Cruz				9
	2nd	Emma Yang				
	3rd	Kaithelyn Jauregui				
Boys Juniors	**1st**	Noah Opena				
	2nd	Luc Skube				
	3rd	Vincent Valerio				
Girls Juniors	**1st**	Jaide Lin			15	6
	2nd	Isha Pema				
	3rd	Claire Lee				
Boys Seniors	**1st**	Mario Amaro			11	6
	2nd	Vraj Patel				
	3rd	Frederick Inada				
Girls Seniors	**1st**	Laura Sato				9
	2nd	Marie Chu				
	3rd	Brianna Katsuda				
Boys Alumni	**1st**	Aaron Alvarado				
	2nd	Derrick Yang				
	3rd	Derek Huang				
Girls Alumni	**1st**	Jillian Guzman				6
	2nd	Kelly Lee				7
	3rd					
Male Coaches	**1st**					
	2nd					
	3rd					
Female Coaches	**1st**					
	2nd					
	3rd					

AT	Course All-Time (Athletes Only)
ATG	Course All-Time by Grade (Athletes Only)
TTAT	Time Trial All-Time (Athletes Only)
TTATG	Time Trial All-Time by Grade (Athletes Only)

[#]	Placing (Alumnis)

Improvements from Time Trial 2016 to 2017

			TT17	AVE	CONV	TT16	+/-
F	Jauregui, Kaithelyn	10	15:45	7:52	23:37	20:42	4:57
F	Pema, Isha	11	14:25	7:12	21:37	17:36	3:11
M	Sawires Yager, Cole	10	10:26	5:13	15:39	11:25	0:59
F	Lin, Jaide	11	13:41	6:50	20:31	14:19	0:38
M	Patel, Vraj	12	11:26	5:43	17:09	12:01	0:35
F	Patel, Riddhi	10	17:41	8:50	2:31	18:15	0:34
F	Chu, Marie	12	14:20	7:10	21:30	14:38	0:18
M	Lee, Kaleb	10	20:46	10:23	7:09	20:59	0:13
M	Amaro, Mario	12	11:11	5:35	16:46	11:24	0:13
F	Gomez, Patricia	11	15:42	7:51	23:33	15:50	0:08
M	Alba, Francis	12	13:39	6:49	20:28	13:47	0:08
F	Huynh, Joanne	10	16:05	8:02	0:07	16:11	0:06
M	Inada, Frederick	12	11:27	5:43	17:10	11:30	0:03

Team - Boys						
Seniors	9	2	3	4	6	16
Sophomores	17	1	5	11	20	21
Freshmen	34	9	12	13	14	17
Juniors	37	8	10	19	22	
Alumni/Coaches	40	7	15	18		

Team - Girls						
Seniors	12	2	4	6	11	20
Juniors	13	1	5	7	10	13
Sophomores	26	3	9	14	15	16
Freshmen	37	8	12	17	18	19
Alumni/Coaches	NS					

Time Trial - 7/20/2017

Cerritos High School

Rankings

Event 1 Mixed 2 Mile Run CC

	Name	Year	School	Finals	Points
Results - Women 2Mile Mile Run					
1	Lin, Jaide	W11	11th Girls	13:41.00	1
2	Sato, Laura	W12	12th Girls	13:53.00	2
3	Cruz, Alicia	W10	10th Girls	14:16.00	3
4	Chu, Marie	W12	12th Girls	14:20.00	4
5	Guzman, Jillian	WCO	Alumni Women	14:23.00	
6	Pema, Isha	W11	11th Girls	14:25.00	5
7	Katsuda, Brianna	W12	12th Girls	14:26.00	6
8	Lee, Claire	W11	11th Girls	14:29.00	7
9	Vasquez, Sofia	W9	9th Girls	14:36.00	8
10	Lee, Kelly	WAL	Alumni Women	14:43.00	
11	Yang, Emma	W10	10th Girls	14:54.00	9
12	Park, Lauren	W11	11th Girls	15:01.00	10
13	Muralidharan, Amita	W12	12th Girls	15:26.00	11
14	Chang, Samantha	W9	9th Girls	15:42.00	12
15	Gomez, Patricia Marie	W11	11th Girls	15:42.00	13
16	Jauregui, Kaithelyn	W10	10th Girls	15:45.00	14
17	Nguyen, Elise	W10	10th Girls	16:04.00	15
18	Huynh, Joanne	W10	10th Girls	16:05.00	16
19	Kim, Kayla	W9	9th Girls	16:29.00	17
20	Kwack, Sophia	W11	11th Girls	16:32.00	
21	Singh, Karina	W9	9th Girls	17:07.00	18
22	Kuo, Yvonne	W11	11th Girls	17:32.00	
23	Rodriguez, Priscila	W9	9th Girls	17:34.00	19
24	Patel, Riddhi	W10	10th Girls	17:41.00	
25	Kuo, Shani	W11	11th Girls	17:45.00	
26	Patel, Karina	W10	10th Girls	18:05.00	
27	Astorga, Angel	W10	10th Girls	18:06.00	
28	Kwon, Melody	W11	11th Girls	18:34.00	
29	Ng, Carly	W11	11th Girls	18:35.00	
30	Chau, Chloe	W10	10th Girls	18:40.00	
31	Chou, Julie	W12	12th Girls	20:42.00	20
32	Macatuno, Peighton	W12	12th Girls	20:51.00	
Results - Men 2Mile Mile Run					
1	Sawires Yager, Cole	M10	10th Boys	10:26.00	1
2	Amaro, Mario	M12	12th Boys	11:11.00	2
3	Patel, Vraj	M12	12th Boys	11:26.00	3
4	Inada, Frederick	M12	12th Boys	11:27.00	4
5	Alcantar, Ezekiel	M10	10th Boys	11:49.00	5
6	Dang, Patrick	M12	12th Boys	12:08.00	6
7	Alvarado, Aaron	MAL	Alumni Male	12:22.00	7
8	Opena, Noah	M11	11th Boys	12:36.00	8
9	Giordano, Michael	M9	9th Boys	12:46.00	9
10	Skube, Luc	M11	11th Boys	12:58.00	10
11	Valenica, Ernesto	M10	10th Boys	13:00.00	11
12	Perez, Eric	M9	9th Boys	13:18.00	12
13	Hamakawa, Kevin	M9	9th Boys	13:24.00	13
14	Amaro, Chris	M9	9th Boys	13:26.00	14
15	Yang, Derrick	MAL	Alumni Male	13:35.00	15
16	Alba, Francis	M12	12th Boys	13:39.00	16
17	Gillispie, Andrew	M9	9th Boys	13:40.00	17
18	Ayala, Rafael	M12	12th Boys	13:49.00	
19	Luciano, Jr., Meynard	M12	12th Boys	13:59.00	

Time Trial - 7/20/2017

Cerritos High School

Rankings

....Event 1 Mixed 2 Mile Run CC

20	Chung, Jacob	M12	12th Boys	14:03.00	
21	Huang, Derek	MAL	Alumni Male	14:07.00	18
22	Kono, Chad	M9	9th Boys	14:20.00	
23	Alba, Zachary	M12	12th Boys	14:39.00	
24	Byun, Brian	M12	12th Boys	15:11.00	
25	Valerio, Vincent	M11	11th Boys	15:21.00	19
26	Tae, James	M9	9th Boys	15:32.00	
27	Jung, Kevin	M9	9th Boys	15:36.00	
28	Patel, Neil	M10	10th Boys	16:29.00	20
29	Padilla, Andrew	M10	10th Boys	16:32.00	21
30	Abbasi, Ahmer	M9	9th Boys	17:21.00	
31	Tsui, Da-Chien	M11	11th Boys	17:39.00	22
32	Hajari, Arya	M10	10th Boys	18:08.00	
33	Agrawal, Mohit	M9	9th Boys	19:45.00	
34	Lee, Kaleb	M10	10th Boys	20:46.00	
35	Satish, Naman	M9	9th Boys	20:47.00	

Team Scores

Rank	Team	Total	1	2	3	*4	*5	*6	*7	*8	*9
Results - Men 2Mile Mile Run											
1	12th Boys	9	2	3	4	6	16				
	Total Time: 34:04.00										
	Average: 11:21.34										
2	10th Boys	17	1	5	11	20	21				
	Total Time: 35:15.00										
	Average: 11:45.00										
3	9th Boys	34	9	12	13	14	17				
	Total Time: 39:28.00										
	Average: 13:09.34										
4	11th Boys	37	8	10	19	22					
	Total Time: 40:55.00										
	Average: 13:38.34										
5	Alumni Male	40	7	15	18						
	Total Time: 40:04.00										
	Average: 13:21.34										
Results - Women 2Mile Mile Run											
1	12th Girls	12	2	4	6	11	20				
	Total Time: 42:39.00										
	Average: 14:13.00										
2	11th Girls	13	1	5	7	10	13				
	Total Time: 42:35.00										
	Average: 14:11.67										
3	10th Girls	26	3	9	14	15	16				
	Total Time: 44:55.00										
	Average: 14:58.34										
4	9th Girls	37	8	12	17	18	19				
	Total Time: 46:47.00										
	Average: 15:35.67										

Time Trial Top 15

Top 15 Females	1	1	F	Motaghedi, Nasim	9			12:20	Cerritos Two Mile (N14)	7/9/14
	2	2	F	Flores, Rachel	11			12:56	Cerritos Two Mile	7/9/09
	2	2	F	Flores, Rachel	12			12:56	Cerritos Two Mile	7/9/10
	4	4	F	Sunio, Jessica	12			12:57	Cerritos Two Mile	7/9/10
	5	5	F	Sunio, Jessica	11			13:03	Cerritos Two Mile	7/9/09
	6	6	F	Park, Jennifer	11			13:05	Cerritos Two Mile	7/14/11
	7	7	F	Caliz, Connie	9			13:08	Cerritos Two Mile	7/9/09
	8	8	F	Park, Jennifer	10			13:15	Cerritos Two Mile	7/9/10
	9		F	Lim, Melody	AL			13:17	Cerritos Two Mile	7/9/10
	10	9	F	Caliz, Connie	11			13:21	Cerritos Two Mile	7/14/11
	11	10	F	Atilano, Amanda	11			13:26	Cerritos Two Mile (N14)	7/9/14
	12	11	F	Sunio, Jessica	10			13:29	Cerritos Two Mile	7/10/08
	13	12	F	Park, Jennifer	12			13:32	Cerritos Two Mile	7/12/12
	14	13	F	Kuan, Denise	12			13:37	Cerritos Two Mile	6/25/2004
	15	14	F	Chern, Melody	12			13:40	Cerritos Two Mile	7/10/08
	16	15	F	Lin, Jaide	11			13:41	Cerritos Two Mile (N14)	7/20/17
	17	15	F	Lim, Melody	11			13:41	Cerritos Two Mile	7/10/08
Top 15 Males	1		M	Nguyen Van	V			10:18	Cerritos Two Mile	6/25/2004
	2	1	M	Sawires Yager, Cole	10			10:26	Cerritos Two Mile (N14)	7/20/17
	3		M	To, Thien Nam	AL			10:28	Cerritos Two Mile	7/14/11
	4		M	Shen, Andrew	AL			10:44	Cerritos Two Mile (N14)	7/16/15
	5		M	Torres, Omar	CO			10:47	Cerritos Two Mile (N14)	7/9/14
	6		M	Gohata, Damon	CO			10:50	Cerritos Two Mile (N14)	7/16/15
	7	2	M	To, Thien Nam	12			10:54	Cerritos Two Mile	7/10/08
	8	3	M	Chuang, Bill	11			10:55	Cerritos Two Mile (N14)	7/16/15
	9		M	Shen, Andrew	AL			10:57	Cerritos Two Mile	7/9/14
	10	4	M	Chuang, Bill	10			11:00	Cerritos Two Mile (N14)	7/9/14
	11	5	M	Carranza, Jonathan	12			11:02	Cerritos Two Mile	7/11/13
	12	6	M	Quarles, Joshua	12			11:03	Cerritos Two Mile	7/11/13
	13	7	M	Quarles, Joshua	11			11:04	Cerritos Two Mile	7/12/12
	14		M	Mali, Milan	CO			11:05	Cerritos Two Mile	7/10/08
	15	8	M	Chuang, Bill	12			11:08	Cerritos Two Mile (N14)	7/14/16
		9	M	Tilve, Ganesh	10			11:09	Cerritos Two Mile	7/9/10
		10	M	Juarez, Ivan	12			11:10	Cerritos Two Mile	7/9/09
			M	Soon, Jemerald (JJ)	AL			11:14	Cerritos Two Mile	7/10/08
		11	M	Amaro, Mario	12			11:11	Cerritos Two Mile (N14)	7/20/17
		12	M	Tilve, Ganesh	11			11:15	Cerritos Two Mile	7/14/11
			M	Horng, Wesley	AL			11:15	Cerritos Two Mile	7/9/09
		13	M	Joo, Ryan	11			11:16	Cerritos Two Mile	7/10/08
		14	M	Soon, Jemerald (JJ)	12		5:38	11:17	Cerritos Two Mile	7/5/2007
			M	Poblete, Ryan	AL			11:17	Cerritos Two Mile	7/9/10
		15	M	Tilve, Ganesh	12			11:17	Cerritos Two Mile	7/12/12

Time Trial Top 10 by Grade - Girls

		G	Name	G	1st	2nd	Total	Course	Date
Top 10 Fresmen Girls	1	F	Motaghedi, Nasim	9			12:20	Cerritos Two Mile (N14)	7/9/14
	2	F	Caliz, Connie	9			13:08	Cerritos Two Mile	7/9/09
	3	F	Vasquez, Sofia	9			14:36	Cerritos Two Mile (N14)	7/20/2017
	4	F	Machado, Michelle	9		7:22	14:44	Cerritos Two Mile	7/5/2007
	5	F	Seong, Clara	9		7:28	14:56	Cerritos Two Mile	7/5/2007
	6	F	Kim, Caroline	9			15:01	Cerritos Two Mile	6/25/2004
	7	F	Atilano, Katherine	9			15:14	Cerritos Two Mile	7/14/2016
	8	F	Boey, Jasmine	9		7:37	15:15	Cerritos Two Mile	7/5/2007
	9	F	Katsuda, Brianna	9			15:32	Cerritos Two Mile (N14)	7/9/14
	10	F	Chang, Samantha	9			15:42	Cerritos Two Mile (N14)	7/20/2017
Top 10 Sophomore Girls	1	F	Park, Jennifer	10			13:15	Cerritos Two Mile	7/9/10
	2	F	Sunio, Jessica	10			13:29	Cerritos Two Mile	7/10/08
	3	F	Katsuda, Brianna	10			13:50	Cerritos Two Mile	7/16/15
	4	F	Tai, Gina	10			13:51	Cerritos Two Mile	7/10/08
	5	F	Flores, Rachel	10			13:52	Cerritos Two Mile	7/10/08
	6	F	Magaña, Athalia	10			13:53	Cerritos Two Mile	7/9/09
	7	F	Cerda, Victoria	10			13:58	Cerritos Two Mile	6/25/2004
	8	F	Cooper, Kimmy	10			14:14	Cerritos Two Mile	6/25/2004
	9	F	Cruz, Alicia	10			14:16	Cerritos Two Mile (N14)	7/20/2017
	10	F	Lin, Jaide	10			14:19	Cerritos Two Mile	7/14/2016
Top 10 Junior Girls	1	F	Flores, Rachel	11			12:56	Cerritos Two Mile	7/9/09
	2	F	Sunio, Jessica	11			13:03	Cerritos Two Mile	7/9/09
	3	F	Park, Jennifer	11			13:05	Cerritos Two Mile	7/14/11
	4	F	Caliz, Connie	11			13:21	Cerritos Two Mile	7/14/11
	5	F	Atilano, Amanda	11			13:26	Cerritos Two Mile (N14)	7/9/14
	6	F	Lin, Jaide	11			13:41	Cerritos Two Mile (N14)	7/20/17
	7	F	Lim, Melody	11			13:41	Cerritos Two Mile	7/10/08
	8	F	Cooper, Kimmy	11			13:45	Cerritos Two Mile	6/24/2005
	9	F	Lee, Audrey	11			13:56	Cerritos Two Mile	7/9/10
	10	F	Chern, Melody	11		6:59	13:58	Cerritos Two Mile	7/5/2007
Top 10 Senior Girls	1	F	Flores, Rachel	12			12:56	Cerritos Two Mile	7/9/10
	2	F	Sunio, Jessica	12			12:57	Cerritos Two Mile	7/9/10
	3	F	Park, Jennifer	12			13:32	Cerritos Two Mile	7/12/12
	4	F	Kuan, Denise	12			13:37	Cerritos Two Mile	6/25/2004
	5	F	Chern, Melody	12			13:40	Cerritos Two Mile	7/10/08
	6	F	Lim, Melody	12			13:43	Cerritos Two Mile	7/9/09
	7	F	Atilano, Amanda	12			13:46	Cerritos Two Mile (N14)	7/16/15
	8	F	Park, Stacy	12			13:52	Cerritos Two Mile (N14)	7/9/14
	9	F	Sato, Laura	12			13:53	Cerritos Two Mile (N14)	7/20/17
	10	F	Lin, Catherine	12			13:58	Cerritos Two Mile (N14)	7/16/15
Top 10 Alumni Women	1	F	Lim, Melody	AL			13:17	Cerritos Two Mile	7/9/10
	2	F	Cerda, Victoria	AL			14:01	Cerritos Two Mile	7/9/09
	3	F	Avila, Kathia	AL			14:04	Cerritos Two Mile (N14)	7/9/14
	4	F	Sunio, Jessica	AL			14:09	Cerritos Two Mile	7/12/12
	5	F	Avila, Kathia	AL			14:17	Cerritos Two Mile	7/14/16
	6	F	Guzman, Jillian	AL			14:23	Cerritos Two Mile (N14)	7/20/17
	7	F	Lee, Kelly	AL			14:43	Cerritos Two Mile (N14)	7/20/17
	8	F	Shen, Michelle	AL			14:48	Cerritos Two Mile	7/9/09
	9	F	Alarid, Christina	AL			14:56	Cerritos Two Mile	7/9/10
	10	F	Chien, Connie	AL			15:02	Cerritos Two Mile	7/10/08

Time Trial Top 10 by Grade - Boys

		G	Name	G	1st	2nd	Total	Course	Date
Top 10 Fresmen Boys	1	M	Sawires Yager, Cole	9			11:25	Cerritos Two Mile	7/14/16
	2	M	Chuang, Bill	9			11:44	Cerritos Two Mile	7/11/13
	3	M	Quarles, Josh	9			11:54	Cerritos Two Mile	7/9/10
	4	M	Tilve, Ganesh	9			11:57	Cerritos Two Mile	7/9/09
	5	M	Lee, Frank	9			12:12	Cerritos Two Mile	7/9/10
	6	M	Caliz, Arthur	9			12:29	Cerritos Two Mile	7/9/10
	7	M	Kabir, Yunus	9			12:31	Cerritos Two Mile	7/14/11
	8	M	Morales, Christian	9			12:42	Cerritos Two Mile	7/12/12
	9	M	An, Daniel	9			12:43	Cerritos Two Mile	7/14/16
	10	M	Kim, Andrew	9			12:45	Cerritos Two Mile	7/14/11
Top 10 Sophomore Boys	1	M	Sawires Yager, Cole	10			10:26	Cerritos Two Mile (N14)	7/20/17
	2	M	Chuang, Bill	10			11:00	Cerritos Two Mile (N14)	7/9/14
	3	M	Tilve, Ganesh	10			11:09	Cerritos Two Mile	7/9/10
	4	M	Quarles, Josh	10			11:26	Cerritos Two Mile	7/14/11
	5	M	Kim, Douglas	10			11:27	Cerritos Two Mile	7/10/08
	6	M	Juarez, Ivan	10		5:47	11:34	Cerritos Two Mile	7/5/2007
	7	M	Nagayama, Evan	10			11:47	Cerritos Two Mile	6/24/2005
	8	M	Joo, Ryan	10		5:53	11:47	Cerritos Two Mile	7/5/2007
	9	M	Patel, Shrineel	10			11:48	Cerritos Two Mile	7/14/2011
	10		Alcantar, Ezekiel	10			11:49	Cerritos Two Mile (N14)	7/20/2017
Top 10 Junior Boys	1	M	Chuang, Bill	11			10:55	Cerritos Two Mile (N14)	7/16/15
	2	M	Quarles, Josh	11			11:04	Cerritos Two Mile	7/12/12
	3	M	Tilve, Ganesh	11			11:15	Cerritos Two Mile	7/14/11
	4	M	Joo, Ryan	11			11:16	Cerritos Two Mile	7/10/08
	5	M	Shen, Andrew	11			11:24	Cerritos Two Mile	7/9/10
	6	M	Amaro, Mario	11			11:24	Cerritos Two Mile	7/14/16
	7	M	Poblete, Ryan	11			11:25	Cerritos Two Mile	7/10/08
	8	M	Moreno, Fabian	11			11:26	Cerritos Two Mile	7/10/08
	9	M	Markalay, Bryan	11			11:30	Cerritos Two Mile	7/6/2007
	10	M	Inada, Frederick	11			11:30	Cerritos Two Mile	7/14/16
Top 10 Senior Boys	1	M	To, Thien Nam	12			10:54	Cerritos Two Mile	7/10/08
	2	M	Carranza, Jonathan	12			11:02	Cerritos Two Mile	7/11/13
	3	M	Quarles, Josh	12			11:03	Cerritos Two Mile	7/11/13
	4	M	Chuang, Bill	12			11:08	Cerritos Two Mile (N14)	7/14/16
	5	M	Juarez, Ivan	12			11:10	Cerritos Two Mile	7/9/09
	6	M	Amaro, Mario	12			11:11	Cerritos Two Mile (N14)	7/20/2017
	7	M	Soon, Jemerald (JJ)	12		5:38	11:17	Cerritos Two Mile	7/5/2007
	8	M	Tilve, Ganesh	12			11:17	Cerritos Two Mile	7/12/12
	9	M	Lee, Frank	12			11:18	Cerritos Two Mile	7/11/13
	10	M	Cortez, Christian	12			11:23	Cerritos Two Mile (N14)	7/9/2014
Top 10 Alumni Men	1	M	To, Thien Nam	AL			10:28	Cerritos Two Mile	7/14/11
	2	M	Shen, Andrew	AL			10:44	Cerritos Two Mile (N14)	7/16/15
	3	M	Shen, Andrew	AL			10:57	Cerritos Two Mile (N14)	7/9/14
	4	M	Soon, Jemerald (JJ)	AL			11:14	Cerritos Two Mile	7/10/08
	5	M	Horng, Wesley	AL			11:15	Cerritos Two Mile	7/9/09
	6	M	Poblete, Ryan	AL			11:17	Cerritos Two Mile	7/9/10
	7	M	Shen, Andrew	AL			11:19	Cerritos Two Mile	7/12/12
	8	M	Tilve, Ganesh	AL			11:28	Cerritos Two Mile	7/11/13
	9	M	Kim, Isaac	AL			11:30	Cerritos Two Mile (N14)	7/9/14
	10	M	Juarez, Ivan	AL			11:30	Cerritos Two Mile	7/9/10