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CERRITOS CROSS COUNTRY

THE INSIDER

October 23, 2017
Volume XV Issue 16

Dons Find Themselves on Record

¤ WHILE NO OFFICIAL RECORDS WERE BROKEN, THE DONS DEMONSTRATE THAT THEY HAVE WHAT IT TAKES TO PUT THEMSELVES ON PACE TO SET NEW RECORDS AT LEAGUE FINALS.

LOS ANGELES, CA - It was a gorgeous setting to a new meet, as the City of Angels Invitational put on its innaugural event at the Los Angeles State Historic Park. Knowing little about the meet, there were not high expectations, however, the Dons left with expectations of their own.

The boys varsity challenged the DI #15 ranked Valencia squad who showed themselves to be a team to beat. It showed that the Dons could have what it takes to repeat their efforts from last season in advancing to the CIF Finals. It was Cole Sawires Yager who finished fifth overall in 10:04 with Mario Amaro right behind in 9th in 10:13. They moved to more of a 1-2 punch this time around which helped them stay close to Valencia. While falling back, the Dons managed to go 15-26-31 in order to secure a second place finish.

The girls varsity was short one of their top athletes, yet still managed a fifth place finish. The Dons are estimated to have finished third with her, placing them ahead of DIV #1, Mayfield. Sofia Vasquez was impressive as she led the Dons in 10th place with teammate Laura Sato close behind. The girls ran impressive 12:36 and 12:52. The top athletes from the Dons shaved off over a minute from their PRs this summer.

On the lower levels, it was the boys F/S who had the fastest times of the day, however, it was a wrong turn that led to those speedy times. Regardless, it was Anrei Giordano, Ernesto Valencia and Chris Amaro who broke 12-minutes and while the time was converted, they were on pace for those marks. The girls frosh/soph was led by Samantha Chang, Rachel Yamasaki and Joanne Huynh. It was Patrick Dang and Noah Opena who led the boys JV, while Mercedes Ramirez continued her impressive racing streak, as she led the JV Dons with teammate Grace Kang.

Along with the impressive effort today, it was also shown that their performances improved since this summer, as well as at Bell Gardens with athletes improving as much as 3:45 (Subh Bhaichand). Peighton Macatuno (3:09), Joanne Huynh (3:09) and Daniel Park (3:03) all shaved off more than three minutes. New Personal records were set by Julie Chou by 3:43 and Oshini Keerthisinghe (3:09) who led a large percentage PRed and more importantly, learned the process of scrip.

CIF Team

RIVERSIDE, CA - Pending on the outcoming of League Finals, the Dons should get both teams qualified for the post-season. At league finals, the CIF Team will be selected. The team will consist of 7-12 athletes from each gender. The following factors will be considered:

- Race Time/Finish
- Varsity Points
- Health
- Dedication to Team/Program; Attendance
- Future Benefits of Team Membership

While not all athletes can be accepted, those that do should best represent the qualities at our school and in our program. Athletes who do not demonstrated all of the above, could be passed over even if their times are faster than those ultimately selected.

Suburban League Finals
Knabe Park (Cerritos Regional)
Thursday, November 2

2:15pm - Girls JV
2:45pm - Boys JV
[3:00pm - Arrival of Food/Parents Volunteers]
3:15pm - Girls Varsity
3:45pm - Boys Varsity
4:15pm - Potluck (More Info Coming Soon)
4:30pm - Awards
5:15pm - Clean Up/Depart

Plan on your ride arriving at 5:30pm or later!

Halloween Potluck & Knott's Scary Farm

Potluck - Friday, October 27
6pm - 9pm at 12953 Berkhamsted Street

Costume Contest & Dish Decorating Contest
Horror Movie Night!

Knott's Scary Farm - Saturday, October 28

5:15pm - Dinner (Optional) at Portillo's
8390 La Palma Avenue, Buena Park

6:00pm - Head to Front Entrance
6:45pm - Enter Knott's (Arrive by 6:30pm)
12:00am - Team Event Ends
[Please note that any athlete who stays behind 12am will be on their own. Athletes who arrive late/leave early are on their own to meet their rides as we are not allowed to leave and return.]

Upcoming Events

ASAP	Balances/Option Payments
10/27	Halloween Potluck Giordano Residence
10/28	Knott's Scary Farm
11/2	Suburban League Finals Knabe Park (Cerritos)
11/4	CIF Night on the Town
11/11	CIF Prelims
11/12	Association 33 JOs
11/18	CIF Finals
11/19	Region 15 JOs

Highlights

Athletes of the Meet - City of Angels
Noah Opena, Khushi Patel
Daniel Park, Angel Astorga
Eric Perez, Allyson Hayakawa

Honorable Mention
Subh Baichand, Joanne Huynh
Isaiah Kim, Peighton Macatuno
Jeffrey Xu, Oshini Keerthisinghe

Freeze Frames

Quotable Corner

"Life is too short to spend in negativity. So I have made a conscious effort to note be where I don't want to be."

- Hugh Dillon

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

			COA17	1.75C	CONV	PRC	PR17	BG17	+/-	2MiPR	+/-	CONV	G#3-17	G#2-17	TT17
F	Vasquez, Sofia	9	12:36		18:54	19:36	19:36	19:36	0:42	13:56	1:20	20:54	13:56	14:20	14:36
F	Sato, Laura	12	12:52		19:18	19:31	19:31	19:31	0:13	13:49	0:57	20:43	13:49	14:24	13:53
F	Chu, Marie	12	13:19		19:58	20:16	20:16	20:16	0:17	14:20	1:01	21:30	14:44	15:10	14:20
F	Park, Lauren	11	13:32		20:18	20:37	20:37	20:37	0:19	15:01	1:29	22:31	15:23	16:12	15:01
F	Lee, Claire	11	14:05		21:07	21:03	21:03	MUN		14:29	0:24	21:43	14:41	15:53	14:29
F	Chang, Samantha	9	14:11		21:16	22:35	22:35	MUN		15:42	1:31	23:33	15:50	15:55	15:42
F	Katsuda, Brianna	12	14:22		21:33	19:28	20:53	20:53	0:40	14:26	0:04	21:39		15:32	14:26
F	Yamasaki, Rachel	10	14:25		21:37	21:40	21:40	21:40	0:02	15:46	1:21	23:39	15:46	15:55	
F	Ramirez, Mercedes	12	14:32		21:48	22:46	22:46	22:46	0:58	-		-			
F	Huynh, Joanne	10	14:36		21:54	21:00	24:50	25:03	3:09	16:05	1:29	0:07			16:05
F	Yang, Emma	10	15:05		22:37	21:36	21:36	MUN		14:52	0:13	22:18	14:52		14:54
F	Kang, Grace	12	15:07		22:40	23:11	23:11	23:11	0:30	-		-			
F	Yamachika, Kristi	12	15:09		22:43	21:40	23:02	24:30	1:46	16:39	1:30	0:58		16:39	
F	Kwack, Sophia	11	15:15		22:52	24:55	24:55	MUN		16:17	1:02	0:25	16:17		16:32
F	Gomez, Patricia	11	15:30		23:15	22:05	22:43	MUN		14:52	0:38	22:18	15:27	14:52	15:42
F	Kim, Katherine	11	15:35		23:22	25:44	25:44	25:53	2:30	18:21	2:46	3:31	18:21	23:49	
F	Jauregui, Kaithelyn	10	15:40		23:30	24:00	24:00	24:00	0:30	15:45	0:05	23:37	15:56	16:44	15:45
F	Kim, Kayla	9	15:51		23:46	25:59	25:59	MUN		16:20	0:29	0:30	16:21	17:08	16:20
F	Huynh, Zena	12	16:00		0:00	25:40	25:40	26:40	2:40	18:44	2:44	4:06		18:44	
F	Kuo, Shani	11	16:02		0:03	24:48	24:48	MUN		17:35	1:33	2:22	17:35	18:33	17:45
F	Medhasi, Anushki	9	16:05		0:07	27:00	27:00	27:00	2:52	-		-			
F	Rodriguez, Priscila	9	16:11		0:16	26:06	26:06	26:06	1:49	17:34	1:23	2:21		17:53	17:34
F	Zong, Grace	11	16:18		0:27	25:23	25:53	25:53	1:26	-		-			
F	Astorga, Angel	10	16:21		0:31	26:55	26:55	W		17:38	1:17	2:27		17:38	18:06
F	Singh, Karina	9	16:22		0:33	25:53	25:53	MUN		16:46	0:24	1:09	16:46		17:07
F	Kim, Caitlin	10	16:26		0:39	24:34	28:05	?		-		-			
F	Hayakawa, Allyson	12	16:28		0:42	25:12	26:10	?		19:20	2:52	5:00		19:20	
F	Kim, Emilie	9	16:38		0:57	27:53	27:53	?		-		-			
F	Patel, Riddhi	10	16:39		0:58	27:51	27:51	MUN		17:41	1:02	2:31		19:34	17:41
F	Bayan, Isabella	9	16:44		1:06	26:00	26:00	26:00	0:54	-		-			
F	Kim, Faith	9	16:46		1:09	25:57	25:57	MUN		-		-			
F	Patel, Ami	11	16:49		1:13	23:45	28:55	MUN		-		-			
F	Hernandez, Hannah	12	16:50		1:15	25:21	27:57	MUN		-		-			
F	Pham, Aline	11	16:55		1:22	26:36	29:26	MUN		-		-			
F	Kuo, Yvonne	11	16:56		1:24	25:30	27:01	MUN		17:32	0:36	2:18			17:32
F	Chou, Julie	12	16:59		1:28	27:27	27:27	27:27	1:58	20:42	3:43	7:03	23:28		20:42
F	Ng, Carly	11	17:04		1:36	26:44	27:40	MUN		18:35	1:31	3:52			18:35
F	Lee, Tiffany	12	17:15		1:52	25:51	31:15	MUN		-		-			
F	Hsieh, Annette	9	17:19		1:58	28:03	28:03	28:03	2:04	-		-			
F	Chau, Chloe	10	18:09		3:13	28:09	28:09	28:09	0:55	18:40	0:31	4:00			18:40
F	Patel, Karina	10	18:11		3:16	28:22	29:01	MUN		18:05	0:06	3:07			18:05
F	Rodriguez, Alexia	9	18:20		3:30	30:04	30:04	30:04	2:34	-		-			
F	Macatuno, Peighton	12	18:23		3:34	25:21	29:40	30:44	3:09	20:51	2:28	7:16			20:51
F	Chu, Rachel	10	18:25		3:37	28:14	30:11	S		-		-			
F	Patel, Khushi	9	18:33		3:49	28:52	28:52	W		-		-			
F	Perez, Natalie	10	18:36		3:54	33:08	33:08	?		-		-			
F	Keerthisinghe, Oshini	10	19:40		5:30	28:31	33:10	MUN		22:52	3:12	10:18		22:52	
F	Espiritu-Santo, Kimberly	12	22:20		9:30	37:11	13:11	?		-		-			
F	Brickner, Kaela	9	W			5:28	29:28	W		20:10		6:15		20:10	
F	Castro, Marla	10	U			22:40	-	U		-		-			
F	Cruz, Alicia	10	W			22:38	22:38	W		14:16		21:24	14:45	14:54	14:16
F	Cruz, Christina	12	MUN			27:58	32:37	MUN		20:45		7:07		20:45	
F	Fernandes, Kellie	9	W			28:28	28:28	MUN		18:01		3:01		18:01	
F	Fujihiro, Lindsay	11	V			22:16	22:16	22:16		-		-			
F	Hantragoon, Cindy	11	V			26:04	26:04	26:04		-		-			
F	Kwon, Melody	11	W			24:42	24:42	MUN		18:34		3:51		18:44	18:34
F	Lin, Jaide	11	MUN			19:28	19:42	MUN		13:36		20:24	13:36	14:15	13:41
F	Lopez-Sanchez, Valerie	10	DNR			24:47	27:52	?		-		-			
F	Luan, Elizabeth	9	W			33:34	9:34	MUN		-		-			
F	Muralidharan, Amita	12	MUN			21:47	23:37	MUN		15:07		22:40	16:33	15:07	15:26
F	Nguyen, Elise	10	DNF			24:46	24:46	24:46		15:30		23:15	15:30	16:57	16:04
F	Nuno, Holly	9	Q			29:29	29:29	Q		-		-			
F	Pema, Isha	11	?			21:30	21:30	MUN		14:25		21:37	14:51	15:56	14:25

Scoring	1-3	SG	1-7	1-10	Team	Ave	Team	Ave
Girls Team	1:04	2:13	2:39	3:00	66:24	13:16	99:35	19:55
Boys Team	0:31	0:45	2:26	2:52	51:46	10:21	77:38	15:31

			COA17	1.75C	CONV	PRC	PR17	BG17	+/-	2MiPR	+/-	CONV	G#3-17	G#2-17	TT17
M	Sawires Yager, Cole	10	10:04		15:06	15:28	15:28	15:43	0:37	10:26	0:22	15:39	10:44		10:26
M	Amaro, Mario	12	10:13		15:19	15:43	15:43	15:43	0:23	11:11	0:58	16:46		11:17	11:11
M	Inada, Frederick	12	10:25		15:37	16:15	16:15	16:15	0:37	11:27	1:02	17:10	11:42	13:05	11:27
M	Patel, Jaineel	12	10:30		15:45	16:03	16:18	16:18	0:33	11:30	1:00	17:15		11:30	
M	Patel, Vraj	12	10:34		15:51	16:17	16:17	16:17	0:26	10:54	0:20	16:21	11:10	10:54	11:26
M	Giordano, Michael	9	11:32	10:06	17:18	17:59	17:59	17:59	0:40	12:17	0:44	18:25	12:17		12:46
M	Valencia, Ernesto	10	11:41	10:14	17:32	18:03	18:03	18:03	0:30	13:00	1:18	19:30	13:00	13:36	13:00
M	Dang, Patrick	12	11:43		17:34	17:44	17:58	17:59	0:24	12:08	0:25	18:12		12:13	12:08
M	Opena, Noah	11	11:51		17:46	18:44	18:44	?		12:36	0:45	18:54		12:38	12:36
M	Amaro, Chris	9	11:58	10:29	17:58	18:33	18:33	18:33	0:34	12:36	0:37	18:54	12:36	13:58	13:26
M	Miranda, Justin	11	11:59		17:58	18:15	18:30	MUN		12:10	0:11	18:15		12:10	
M	Park, William	11	12:00		18:00	19:10	19:10	19:10	1:10	-		-			
M	Perez, Eric	9	12:02	10:32	18:03	18:47	18:47	18:47	0:43	12:52	0:49	19:18		12:52	13:18
M	Woolley, Everett	11	12:05		18:07	18:41	18:41	18:41	0:33	13:09	1:04	19:43	13:09	13:11	
M	Xu, Jeff	12	12:20		18:30	18:59	18:59	18:59	0:29	-		-			
M	Hamakawa, Kevin	9	12:20	10:48	18:30	19:26	19:26	19:26	0:55	13:24	1:03	20:06	13:28	13:34	13:24
M	Chung, Jacob	12	12:21		18:31	18:47	19:04	19:04	0:32	13:53	1:32	20:49	13:53	14:22	14:03
M	Alba, Francis	12	12:22		18:33	18:48	18:48	18:48	0:15	13:39	1:17	20:28			13:39
M	Fletcher, Kenenth	9	12:53	11:17	19:20	21:52	21:52	U		-		-			
M	Hwang, Jeffrey	10	13:00	11:23	19:30	22:38	22:38	MUN		-		-			
M	Gillispie, Andrew	9	13:05	11:27	19:37	21:01	21:01	21:01	1:23	13:40	0:34	20:30		14:21	13:40
M	Jung, Kevin	9	13:08	11:30	19:42	20:24	20:24	20:24	0:41	14:47	1:38	22:10		14:47	15:36
M	Samortin, Matthew	11	13:16		19:54	20:42	21:17	21:17	1:23	-		-			
M	De La Pena, Michael	10	13:16	11:37	19:54	20:28	20:28	20:28	0:33	-		-			
M	Patel, Neil	10	13:18	11:39	19:58	21:36	21:36	MUN		15:43	2:24	23:34	15:43	16:09	16:29
M	Luciano, Jr., Meynard	12	13:21		20:01	19:34	20:46	MUN		13:59	0:38	20:58	15:12	14:44	13:59
M	Hoang, Anthony	12	13:22		20:03	20:22	21:38	21:38	1:35	14:49	1:27	22:13		14:49	
M	McFadden, Matthew	9	13:23	11:43	20:05	22:29	22:29	MUN		-		-			
M	Kim, Isaiah	12	13:27		20:10	19:36	22:26	22:26	2:15	15:22	1:55	23:03	15:44	15:22	
M	Wong, Nathan	11	13:28		20:12	21:50	21:50	MUN		-		-			
M	Kono, Chad	9	13:32	11:51	20:18	21:53	21:53	21:58	1:39	14:20	0:47	21:30	14:55	14:57	14:20
M	Tae, James	9	13:33	11:52	20:20	21:53	21:53	21:53	1:32	15:14	1:40	22:51	15:59	15:14	15:32
M	Tenazas, Lucas	11	13:36		20:24	20:24	21:05	21:05	0:41	-		-			
M	Cheng, Brandon	12	13:36		20:24	21:38	21:38	21:38	1:14	-		-			
M	Serrano, Allen	11	13:41		20:31	20:35	22:06	?		-		-			
M	Alba, Zachary	12	13:51		20:46	20:25	20:25	20:50	0:03	14:39	0:48	21:58			14:39
M	Kim, Mark	10	13:52	12:08	20:48	20:28	20:28	20:28	0:20	-		-			
M	Tang, Isaiah	12	13:52		20:48	21:10	21:10	?		-		-			
M	Wong, Adrian	9	13:54	12:10	20:51	23:17	23:17	MUN		-		-			
M	Byun, Brian	12	13:55		20:52	21:25	21:25	21:25	0:32	14:11	0:16	21:16	15:24	16:06	14:11
M	Lin, Alex	12	13:55		20:52	21:53	21:53	22:15	1:22	-		-			
M	Patel, Pratham	9	14:04	12:19	21:06	23:27	23:27	?		-		-			
M	Trinh, Alex	9	14:09	12:23	21:13	22:13	22:13	22:13	0:59	-		-			
M	Padilla, Andrew	10	14:21	12:34	21:32	22:23	22:23	22:23	0:50	16:52	2:30	1:18	16:57	16:52	
M	Alvarez, Ryan	12	14:44		22:06	24:33	24:33	?		-		-			
M	Tsui, Da-Chien	11	15:09		22:43	23:18	23:18	23:18	0:34	17:39	2:30	17:39			17:39
M	Park, Daniel	11	15:09		22:43	24:51	24:51	25:47	3:03	-		-			
M	So, Joshua	9	15:21	13:26	23:01	25:16	25:16	MUN		-		-			
M	Luu, Christopher	11	15:28		23:12	20:48	25:57	26:02	2:50	-		-			
M	Abbasi, Ahmer	9	15:33	13:37	23:20	25:15	25:15	?		17:21	1:47	2:01			17:21
M	Hajari, Arya	10	15:47	13:49	23:41	25:30	25:30	MUN		17:21	1:33	2:01	18:16	17:21	18:08
M	Kwon, Woohyung	9	17:47	15:34	2:41	27:13	27:13	MUN		-		-			
M	Mab, Ga Sung	10	18:01	15:46	3:01	27:58	27:58	27:58	0:56	-		-			
M	Lee, Kaleb	10	18:08	15:52	3:12	25:56	27:41	27:41	0:29	20:46	2:38	7:09			20:46
M	Bhaichand, Subh	9	18:09	15:53	3:13	30:59	30:59	30:59	3:45	-		-			
M	Satish, Naman	9	18:42	16:22	4:03	32:10	32:10	MUN		20:35	1:52	6:52	20:35	20:35	20:47
M	Agrawal, Mohit	9	FAM			29:55	29:55	MUN		19:45		5:37	20:26		19:45
M	Alcantar, Ezekiel	10	U			17:50	17:50	U		11:49		17:43			11:49
M	Ayala, Rafael	12	?			20:30	20:59	20:59		13:59		20:58		14:00	13:49
M	Cao, Chong	11	MUN			25:12	25:46	MUN		17:30		2:15		17:30	
M	Castro, Cameron	10	U			18:44	18:44	MUN		-		-			
M	Jon, Samuel	11	V			20:08	20:08	20:08		-		-			
M	Kim, Noah	12	MUN			19:47	21:54	MUN		15:23		23:04		15:23	
M	Lee, Jayden	11	V			22:03	22:03	23:13		-		-			
M	Malhi, Jayson	9	W			18:57	18:57	19:15		-		-			
M	Quilantang, John	10	CL			23:58	23:58	23:58		-		-			
M	Seo, Aaron	11	MUN			21:02	22:29	MUN		-		-			
M	Skube, Luc	11	W			18:11	18:11	?		12:58		19:27		13:45	12:58
M	Usi, Keoni	9	S			20:43	20:43	MUN		-		-			
M	Yohannes, Adam	11	MUN			19:20	20:22	MUN		-		-			

Improvement from BG '17 to COA '17-C

			COA17	1.75C	CONV	BG17	+/-
M	Bhaichand, Subh	9	18:09	15:53	3:13	30:59	3:45
F	Macatuno, Peighton	12	18:23		3:34	30:44	3:09
F	Huynh, Joanne	10	14:36		21:54	25:03	3:09
M	Park, Daniel	11	15:09		22:43	25:47	3:03
F	Medhasi, Anushki	9	16:05		0:07	27:00	2:52
M	Luu, Christopher	11	15:28		23:12	26:02	2:50
F	Huynh, Zena	12	16:00		0:00	26:40	2:40
F	Rodriguez, Alexia	9	18:20		3:30	30:04	2:34
F	Kim, Katherine	11	15:35		23:22	25:53	2:30
M	Kim, Isaiah	12	13:27		20:10	22:26	2:15
F	Hsieh, Annette	9	17:19		1:58	28:03	2:04
F	Chou, Julie	12	16:59		1:28	27:27	1:58
F	Rodriguez, Priscila	9	16:11		0:16	26:06	1:49
F	Yamachika, Kristi	12	15:09		22:43	24:30	1:46
M	Kono, Chad	9	13:32	11:51	20:18	21:58	1:39
M	Hoang, Anthony	12	13:22		20:03	21:38	1:35
M	Tae, James	9	13:33	11:52	20:20	21:53	1:32
F	Zong, Grace	11	16:18		0:27	25:53	1:26
M	Gillispie, Andrew	9	13:05	11:27	19:37	21:01	1:23
M	Samortin, Matthew	11	13:16		19:54	21:17	1:23
M	Lin, Alex	12	13:55		20:52	22:15	1:22
M	Cheng, Brandon	12	13:36		20:24	21:38	1:14
M	Park, William	11	12:00		18:00	19:10	1:10
M	Trinh, Alex	9	14:09	12:23	21:13	22:13	0:59
F	Ramirez, Mercedes	12	14:32		21:48	22:46	0:58
M	Mab, Ga Sung	10	18:01	15:46	3:01	27:58	0:56
F	Chau, Chloe	10	18:09		3:13	28:09	0:55
M	Hamakawa, Kevin	9	12:20	10:48	18:30	19:26	0:55
F	Bayan, Isabella	9	16:44		1:06	26:00	0:54
M	Padilla, Andrew	10	14:21	12:34	21:32	22:23	0:50
M	Perez, Eric	9	12:02	10:32	18:03	18:47	0:43
F	Vasquez, Sofia	9	12:36		18:54	19:36	0:42
M	Jung, Kevin	9	13:08	11:30	19:42	20:24	0:41
M	Tenazas, Lucas	11	13:36		20:24	21:05	0:41
M	Giordano, Michael	9	11:32	10:06	17:18	17:59	0:40
M	Inada, Frederick	12	10:25		15:37	16:15	0:37
M	Sawires Yager, Cole	10	10:04		15:06	15:43	0:37
M	Amaro, Chris	9	11:58	10:29	17:58	18:33	0:34
M	Tsui, Da-Chien	11	15:09		22:43	23:18	0:34
M	Woolley, Everett	11	12:05		18:07	18:41	0:33
M	De La Pena, Michael	10	13:16	11:37	19:54	20:28	0:33
M	Patel, Jaineel	12	10:30		15:45	16:18	0:33
M	Byun, Brian	12	13:55		20:52	21:25	0:32
M	Chung, Jacob	12	12:21		18:31	19:04	0:32
F	Kang, Grace	12	15:07		22:40	23:11	0:30
M	Valencia, Ernesto	10	11:41	10:14	17:32	18:03	0:30
F	Jauregui, Kaithelyn	10	15:40		23:30	24:00	0:30
M	Lee, Kaleb	10	18:08	15:52	3:12	27:41	0:29
M	Xu, Jeff	12	12:20		18:30	18:59	0:29
M	Patel, Vraj	12	10:34		15:51	16:17	0:26
M	Dang, Patrick	12	11:43		17:34	17:59	0:24
M	Amaro, Mario	12	10:13		15:19	15:43	0:23
F	Park, Lauren	11	13:32		20:18	20:37	0:19
F	Chu, Marie	12	13:19		19:58	20:16	0:17
M	Alba, Francis	12	12:22		18:33	18:48	0:15
F	Sato, Laura	12	12:52		19:18	19:31	0:13
M	Alba, Zachary	12	13:51		20:46	20:50	0:03
F	Yamasaki, Rachel	10	14:25		21:37	21:40	0:02

New Personal Record (Season) - 2Mi

			COA17	1.75C	CONV	2MiPR	+/-
F	Chou, Julie	12	16:59		1:28	20:42	3:43
F	Keerthisinghe, Oshini	10	19:40		5:30	22:52	3:12
F	Hayakawa, Allyson	12	16:28		0:42	19:20	2:52
F	Kim, Katherine	11	15:35		23:22	18:21	2:46
F	Huynh, Zena	12	16:00		0:00	18:44	2:44
M	Lee, Kaleb	10	18:08	15:52	3:12	20:46	2:38
M	Padilla, Andrew	10	14:21	12:34	21:32	16:52	2:30
M	Tsui, Da-Chien	11	15:09		22:43	17:39	2:30
F	Macatuno, Peighton	12	18:23		3:34	20:51	2:28
M	Patel, Neil	10	13:18	11:39	19:58	15:43	2:24
M	Kim, Isaiah	12	13:27		20:10	15:22	1:55
M	Satish, Naman	9	18:42	16:22	4:03	20:35	1:52
M	Abbasi, Ahmer	9	15:33	13:37	23:20	17:21	1:47
M	Tae, James	9	13:33	11:52	20:20	15:14	1:40
M	Jung, Kevin	9	13:08	11:30	19:42	14:47	1:38
M	Hajari, Arya	10	15:47	13:49	23:41	17:21	1:33
F	Kuo, Shani	11	16:02		0:03	17:35	1:33
M	Chung, Jacob	12	12:21		18:31	13:53	1:32
F	Chang, Samantha	9	14:11		21:16	15:42	1:31
F	Ng, Carly	11	17:04		1:36	18:35	1:31
F	Yamachika, Kristi	12	15:09		22:43	16:39	1:30
F	Park, Lauren	11	13:32		20:18	15:01	1:29
F	Huynh, Joanne	10	14:36		21:54	16:05	1:29
M	Hoang, Anthony	12	13:22		20:03	14:49	1:27
F	Rodriguez, Priscila	9	16:11		0:16	17:34	1:23
F	Yamasaki, Rachel	10	14:25		21:37	15:46	1:21
F	Vasquez, Sofia	9	12:36		18:54	13:56	1:20
M	Valencia, Ernesto	10	11:41	10:14	17:32	13:00	1:18
F	Astorga, Angel	10	16:21		0:31	17:38	1:17
M	Alba, Francis	12	12:22		18:33	13:39	1:17
M	Woolley, Everett	11	12:05		18:07	13:09	1:04
M	Hamakawa, Kevin	9	12:20	10:48	18:30	13:24	1:03
F	Kwack, Sophia	11	15:15		22:52	16:17	1:02
F	Patel, Riddhi	10	16:39		0:58	17:41	1:02
M	Inada, Frederick	12	10:25		15:37	11:27	1:02
F	Chu, Marie	12	13:19		19:58	14:20	1:01
M	Patel, Jaineel	12	10:30		15:45	11:30	1:00
M	Amaro, Mario	12	10:13		15:19	11:11	0:58
F	Sato, Laura	12	12:52		19:18	13:49	0:57
M	Perez, Eric	9	12:02	10:32	18:03	12:52	0:49
M	Alba, Zachary	12	13:51		20:46	14:39	0:48
M	Kono, Chad	9	13:32	11:51	20:18	14:20	0:47
M	Opena, Noah	11	11:51		17:46	12:36	0:45
M	Giordano, Michael	9	11:32	10:06	17:18	12:17	0:44
M	Luciano, Jr., Meynard	12	13:21		20:01	13:59	0:38
M	Amaro, Chris	9	11:58	10:29	17:58	12:36	0:37
F	Kuo, Yvonne	11	16:56		1:24	17:32	0:36
M	Gillispie, Andrew	9	13:05	11:27	19:37	13:40	0:34
F	Chau, Chloe	10	18:09		3:13	18:40	0:31
F	Kim, Kayla	9	15:51		23:46	16:20	0:29
M	Dang, Patrick	12	11:43		17:34	12:08	0:25
F	Lee, Claire	11	14:05		21:07	14:29	0:24
F	Singh, Karina	9	16:22		0:33	16:46	0:24
M	Sawires Yager, Cole	10	10:04		15:06	10:26	0:22
M	Patel, Vraj	12	10:34		15:51	10:54	0:20
M	Byun, Brian	12	13:55		20:52	14:11	0:16
M	Miranda, Justin	11	11:59		17:58	12:10	0:11
F	Jauregui, Kaithelyn	10	15:40		23:30	15:45	0:05
F	Katsuda, Brianna	12	14:22		21:33	14:26	0:04

Knott's Scary Farm

October 28, 2017

Our annual Knott's Scary Farm trip is here! Athletes should remember to bring their tickets with them to the gate. If you do not arrive by 6:45pm (or when they open the gate), we will enter the park without you and you will need to find us in the park.

Please be sure to arrange your own ride to and from the event. While this is a team event, due to the size of our group, we may split into a few groups at some point in the evening to make it manageable.

While the weather has been warm, it could drop down to 60 degrees at night! Please dress accordingly! Also bring comfortable shoes as you will be walking a lot!

We will use a Facebook chat to communicate our location throughout the evening in case we get separated. If you do not have Facebook or cannot connect to the chat, you may text me at 562-397-0867 if you are lost or need to reconnect with the group. Please text, as it is a loud environment at Knott's.

As a reminder, you are responsible for your own safety throughout the evening. Please protect yourself and your belongings. If you leave early or decide to stay later, you do so at your own risk and understand you will not be escorted by the group to the gate.

Schedule of Events

5:15p - Meet at Portillo's (Optional Dinner)
8390 La Palma Avenue, Buena Park

6:00p - Head to Front Gate (Drive/Walk)
8039 Beach Blvd, Buena Park

6:45p - Enter Knott's Scary Farm

12:00a - Time to Depart (Team Event Over)

2:00a - Knott's Scary Farm Closes

The Ohana Events

SUBURBAN LEAGUE CLUSTER

CERRITOS REGIONAL PARK

Course Information

Distance: 5km

Please remain on the grass around the lake, which will be clearly marked. As many orange flags will be placed along the route of the race to keep athletes headed in the right direction, however will be limited to limit confusion. Also, please honor markings on the south side of the course (2nd mile) since it runs on the road. Stay to the right of the road as much as possible and please be aware of any traffic even though we have never had any issues in this area.

Please Direct Questions To:
Jason Watanabe, Cerritos High School
(562) 397-0867; wutanabe5@aol.com

CERRITOS
CROSS COUNTRY