http://www.cerritosxc.com

CERRITOS CROSS COUNTRY

THE INSIDER

July 15, 2018
Volume XVI Issue 2

Speeding from the Very Start

¤ DONS KICK OFF THE SEASON WITH THEIR ANNUAL TIME TRIAL WHERE A COUPLE OF NEW FACES SHINE AND NEW PRS ARE ALSO FOUND AS THE SEASON GETS UNDERWAY.

CERRITOS, CA - It was Cole Sawires Yager beating the course record in a time of 10:07, easily outpacing the field in the opening time trial of the year. The alumni, however, topped the juniors and edged the sophomores for the win. Jaide Lin led the senior girls who earned a one point victory over the sophomore girls.

The week was filled with a number of great events including the annual scavenger hunt where once again, the first team to complete the workout did not win due to directions. The Dons also traveled to Bolsa Chica State Beach over the weekend to get some time in on the sand to build strength for the season.

Mammoth Camp 2018

Mammoth Camp is often one of the most memorable weeks of the season! Not only will you improve your performances due to the increased difficulty of workouts, you will get to know your teammates a lot better through bonding time, team activities and competitions, and learn more about running and the different components of the sport. Athletes who are interested should contact Coach Watanabe ASAP to be sure that you secure your spot.

Paperwork for athletes already registered for the camp should be up by the end of the week so that you can fill out all of your clearance forms for the camp!

Iolani Invitational (Hawaii)

Confirmations and petitions for Hawaii are due this WEDNESDAY for regular pricing. Qualifying marks, Mammoth Camp, summer time trial marks and dedication/effort will play a role in the selection process. Applications are open to all athletes, however, please note that all applications will not be accepted. Please be sure to get that in ASAP!

Team Store

Our team store will open soon with new apparell with our team logo on it!

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 (7/30). 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
07/17	Castlewood, 4:45p
07/19	Central Park, 4:45p
07/20	Season Kickoff Bonfire, 1p
07/21	Glavinich Hill, 7a
07/24	La Mirada Temp, 4:30p [No Group Meal After]
07/26	Gahr Two Mile
07/28	Clark Park, 7a

Highlights

Summer Athletes of the Week

Mohit Agrawal
Christopher Amaro
Samantha Chang
Alicia Cruz
Bryce Hojo
Elise Nguyen
Melanie Sagun
Cole Sawires Yager

Freeze Frames

Quotable Corner

"Obstacles do not block the path, they are the path."

- Anonymous

Contact Information
Coach Jason Watanabe
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562-397-0867

CROSS COUNTRY
Season Kickoff
BONFIRE
July 20, 2018
Bolsa Chica State Beach
1pm - 9pm

91 West - 605 South - 405 South
Go Just Past the 22 Exit - Exit Bolsa Chica
Right on Warner - Left on PCH - Right at First Light

Go To The Right When Entering
First Regular Parking Lot on the Left - Tower 21
(Near Basketball Courts - Look for My Van)

DRESS WARM!!
BRING FOOD!! BRING MUSIC!!
BRING SPORTS EQUIPMENTS, ETC

FOOD SIGN UPS WITH
COACH WATANABE

Basketball, Football
Lacrosse, Volleyball
and More!!

Time Trial - 7/12/2018

Cerritos High School

Rankings

Event 1 Mixed 2 Mile Run CC

	Name	Year	School	Finals	Points
Results - Women 2Mile Mile Run					
1	Lin, Jaide	W12	Senior Girls	13:45.00	1
2	Vasquez, Sofia	W10	Sophomore Girls	14:13.00	2
3	Chang, Samantha	W10	Sophomore Girls	14:17.00	3
4	Pema, Isha	W12	Senior Girls	14:53.00	4
5	Cruz, Alicia	W11	Junior Girls	14:54.00	5
6	Lee, Claire	W12	Senior Girls	15:03.00	6
7	Patel, Khushi	W10	Sophomore Girls	15:08.00	7
8	Nguyen, Elise	W11	Junior Girls	15:22.00	8
9	Park, Lauren	W12	Senior Girls	15:34.00	9
10	Huynh, Joanne	W11	Junior Girls	15:51.00	10
11	Joe, Kyli	W10	Sophomore Girls	15:56.00	11
12	Jauregui, Kaithelyn	W11	Junior Girls	17:01.00	12
13	Kim, Emilie	W10	Sophomore Girls	17:57.00	13
14	Sagun, Melanie	W9	Freshmen Girls	18:22.00	14
15	Tang, Kristen	W9	Freshmen Girls	19:02.00	15
16	Syed, Zara	W9	Freshmen Girls	19:12.00	16
17	Extra, Female1	W9	Freshmen Girls	19:26.00	17
18	Hitt, Kathryn	W11	Junior Girls	19:27.00	18
19	Extra, Female1	W10	Sophomore Girls	19:29.00	
20	Bui, Emily	W10	Sophomore Girls	19:30.00	
21	Rodriguez, Prisila	W10	Sophomore Girls	19:30.00	
22	Kim, Lois	W10	Sophomore Girls	19:50.00	
23	Brickner, Kaela	W10	Sophomore Girls	20:09.00	
24	Malhi, Sonali	W9	Freshmen Girls	20:24.00	19
Results - Men 2Mile Mile Run					
1	Sawires Yager, Cole	M11	Junior Boys	10:07.00	1
2	Patel, Vraj	MAL	Alumni Men	10:36.00	2
3	Amaro, Mario	MAL	Alumni Men	11:26.00	3
4	Dang, Patrick	MAL	Alumni Men	11:42.00	4
5	Amaro, Christopher	M10	Sophomore Boys	11:48.00	5
6	Perez, Eric	M10	Sophomore Boys	12:00.00	6
7	Malhi, Jayson	M10	Sophomore Boys	12:02.00	7
8	Gonzales, Michael	MAL	Alumni Men	12:24.00	8
9	Hamakawa, Kevin	M10	Sophomore Boys	12:26.00	9
10	Jordan, Aaron	MAL	Alumni Men	12:34.00	10
11	Valencia, Ernesto	M11	Junior Boys	12:40.00	11
12	Skube, Luc	M12	Senior Boys	12:43.00	12
13	Extra, Male1	M12	Senior Boys	12:49.00	13
14	Gillispie, Andrew	M10	Sophomore Boys	13:05.00	14
15	Kono, Chad	M10	Sophomore Boys	13:10.00	
16	Hojo, Bryce	M9	Freshmen Boys	13:13.00	15
17	Opena, Noah	M12	Senior Boys	13:44.00	16
18	Moon, Elijah	M10	Sophomore Boys	13:52.00	
19	Mendoza, Ben	M9	Freshmen Boys	14:15.00	17
20	Thiem, Tyler	M9	Freshmen Boys	14:37.00	18
21	Huang, Zachary	M9	Freshmen Boys	14:38.00	19
22	Lee, Lionel	M10	Sophomore Boys	15:12.00	
23	Park, Anthony	M9	Freshmen Boys	15:14.00	20
24	Chun, Kyle	M10	Sophomore Boys	15:20.00	
25	Mateo, Evaristo	M10	Sophomore Boys	15:22.00	
26	Extra, Male2	M9	Freshmen Boys	15:35.00	
27	Patel, Neil	M11	Junior Boys	15:40.00	21

Time Trial - 7/12/2018

Cerritos High School

Rankings

....Event 1 Mixed 2 Mile Run CC

28	Koo, Brian	M10	Sophomore Boys	15:55.00	
29	Ingale, Kuval	M10	Sophomore Boys	15:58.00	
30	Abbasi, Ahmer	M10	Sophomore Boys	16:07.00	
31	Soriano, Angelo	M11	Junior Boys	16:13.00	22
32	Extra, Male1	M10	Sophomore Boys	16:32.00	
33	George, Mathew	M9	Freshmen Boys	16:55.00	
34	Extra, Male1	M11	Junior Boys	19:03.00	23
35	Hajari, Arya	M11	Junior Boys	19:04.00	
36	Agrawal, Mohit	M10	Sophomore Boys	19:29.00	
37	Satish, Naman	M10	Sophomore Boys	20:37.00	
38	Martin, Adrean	M10	Sophomore Boys	20:59.00	

Team Scores

Rank	Team	Total	1	2	3	*4	*5	*6	*7	*8	*9
Results - Men 2Mile Mile Run											
1	Alumni Men	9	2	3	4	8	10				
	Total Time: 33:44.00										
	Average: 11:14.67										
2	Sophomore Boys	18	5	6	7	9	14				
	Total Time: 35:50.00										
	Average: 11:56.67										
3	Junior Boys	33	1	11	21	22	23				
	Total Time: 38:27.00										
	Average: 12:49.00										
4	Senior Boys	41	12	13	16						
	Total Time: 39:16.00										
	Average: 13:05.34										
5	Freshmen Boys	50	15	17	18	19	20				
	Total Time: 42:05.00										
	Average: 14:01.67										
Results - Women 2Mile Mile Run											
1	Senior Girls	11	1	4	6	9					
	Total Time: 43:41.00										
	Average: 14:33.67										
2	Sophomore Girls	12	2	3	7	11	13				
	Total Time: 43:38.00										
	Average: 14:32.67										
3	Junior Girls	23	5	8	10	12	18				
	Total Time: 46:07.00										
	Average: 15:22.34										
4	Freshmen Girls	45	14	15	16	17	19				
	Total Time: 56:36.00										
	Average: 18:52.00										

			TT18	AVE	CONV	TT17	+/-	TT16	TT15
F	Lin, Jaide	12	13:45	6:52	20:37	13:41	0:04	14:19	
F	Vasquez, Sofia	10	14:13	7:06	21:19	14:36	0:23		
F	Chang, Samantha	10	14:17	7:08	21:25	15:42	1:25		
F	Pema, Isha	12	14:53	7:26	22:19	14:25	0:28	17:36	
F	Cruz, Alicia	11	14:54	7:27	22:21	14:16	0:38		
F	Lee, Claire	12	15:03	7:31	22:34	14:29	0:34		
F	Patel, Khushi	10	15:08						
F	Nguyen, Elise	11	15:22	7:41	23:03	16:04	0:42		
F	Park, Lauren	12	15:34	7:47	23:21	15:01	0:33		
F	Huynh, Joanne	11	15:51	7:55	23:46	16:05	0:14	16:11	
F	Joe, Kyli	10	15:56	7:58	23:54				
F	Jauregui, Kaithelyn	11	17:01	8:30	1:31	15:45	1:16	20:42	
F	Kim, Emilie	10	17:57	8:58	2:55				
F	Sagun, Melanie	9	18:22	9:11	3:33				
F	Tang, Kristen	9	19:02	9:31	4:33				
F	Syed, Zara	9	19:12	9:36	4:48				
F	Extra, Female1	9	19:26	9:43	5:09				
F	Hitt, Kathryn	11	19:27	9:43	5:10				
F	Extra, Female1	10	19:29	9:44	5:13				
F	Bui, Emily	10	19:30	9:45	5:15				
F	Rodriguez, Priscila	9	19:30	9:45	5:15	17:34	1:56		
F	Kim, Lois	10	19:50	9:55	5:45				
F	Brickner, Kaela	10	20:09	10:04	6:13				
F	Malhi, Sonali	9	20:24	10:12	6:36				
F	Chu, Rachel	11	-	#VALUE!	#VALUE!			19:56	
F	Gomez, Patricia	12	-			15:42		15:50	16:38
F	Kim, Kayla	10	-			16:20			
F	Kuo, Shani	12	-			17:45			
F	Kwack, Sophia	12	-			16:32			
F	Kwon, Melody	12	-			18:34			
F	Yang, Emma	11	-			14:54			

			TT18	AVE	CONV	TT17	+/-	TT16	TT15
M	Sawires Yager, Cole	11	10:07	5:03	15:10	10:26	0:19	11:25	
M	Patel, Vraj	AL	10:36	5:18	15:54	11:26	0:50	12:01	13:53
M	Amaro, Mario	AL	11:26	5:43	17:09	11:11	0:15	11:24	12:38
M	Dang, Patrick	AL	11:42	5:51	17:33	12:08	0:26	12:05	
M	Amaro, Chris	10	11:48	5:54	17:42	13:26	1:38		
M	Perez, Eric	10	12:00	6:00	18:00	13:18	1:18		
M	Malhi, Jayson	10	12:02	6:01	18:03				
M	Gonzales, Michael	AL	12:24	6:12	18:36				
M	Hamakawa, Kevin	10	12:26	6:13	18:39	13:24	0:58		
M	Jordan, Aaron	AL	12:34	6:17	18:51	12:22	0:12		
M	Valencia, Ernesto	11	12:40	6:20	19:00	13:00	0:20		
M	Skube, Luc	12	12:43	6:21	19:04	12:58	0:15		
M	Woolley, Everett	12	12:49	6:24	19:13				
M	Gillispie, Andrew	10	13:05	6:32	19:37	13:40	0:35		
M	Kono, Chad	10	13:10	6:35	19:45	14:20	1:10		
M	Hojo, Bryce	9	13:13						
M	Opena, Noah	12	13:44	6:52	20:36	12:36	1:08		
M	Moon, Elijah	10	13:52	6:56	20:48				
M	Mendoza, Ben	9	14:15						
M	Thiem, Tyler	9	14:37						
M	Huang, Zachary	9	14:38						
M	Lee, Lionel	10	15:12						
M	Park, Anthony	9	15:14						
M	Chan, Kyle	10	15:20						
M	Mateo, Evaristo	10	15:22						
M	Extra, Male2	9	15:35						
M	Patel, Neil	10	15:40	7:50	23:30	16:29	0:49		
M	Koo, Brian	10	15:55						
M	Ingale, Kuval	10	15:58	7:59	23:57				
M	Abbasi, Ahmer	9	16:07	8:03	0:10	17:21	1:14		
M	Soriano, Angelo	10	16:13	8:06	0:19				
M	Extra, Male1	10	16:32	8:16	0:48				
M	George, Mathew	9	16:55						
M	Extra, Male1	11	19:03						
M	Hajari, Arya	10	19:04	9:32	4:36	18:08	0:56		
M	Agrawal, Mohit	9	19:29	9:44	5:13	19:45	0:16		
M	Satish, Naman	9	20:37	10:18	6:55	20:47	0:10		
M	Martin, Adrean	10	20:59	10:29	7:28				
M	Giordano, Michael	10	-			12:46			

	Girls Varsity	TT18	CONV	TT17	CONV							DIFF
1	Lin, Jaide	13:45	20:37	13:41	20:31							0:04
2	Vasquez, Sophia	14:13	21:19	13:53	20:49							0:20
3	Chang, Samantha	14:17	21:25	14:16	21:24							0:01
4	Pema, Isha	14:53	22:19	14:20	21:30							0:33
5	Cruz, Alicia	14:54	22:21	14:25	21:37							0:29
6	Lee, Claire	15:03	22:34	14:26	21:39							0:37
7	Patel, Khusi	15:08	22:42	14:29	21:43							0:39
			105:47		105:47							0:00

	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	TT18	CONV	TT17	CONV							DIFF
1	Sawires Yager, Col	10:07	15:10	10:26	15:39							0:19
2	Amaro, Chris	11:48	17:42	11:11	16:46							0:37
3	Perez, Eric	12:00	18:00	11:26	17:09							0:34
4	Malhi, Jayson	12:02	18:03	11:27	17:10							0:35
5	Hamakawa, Kevin	12:26	18:39	11:49	17:43							0:37
6	Valenciz, Ernesto	12:40	19:00	12:08	18:12							0:32
7	Skube, Luc	12:43	19:04	12:36	18:54							0:07
			84:27		84:27							0:00

	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	

Improvements from Time Trial 2017 to 2018

			TT18	AVE	CONV	TT17	+/-
M	Satish, Naman	9	20:37	10:18	6:55	20:47	0:10
F	Huynh, Joanne	11	15:51	7:55	23:46	16:05	0:14
M	Skube, Luc	12	12:43	6:21	19:04	12:58	0:15
M	Agrawal, Mohit	9	19:29	9:44	5:13	19:45	0:16
M	Sawires Yager, Cole	11	10:07	5:03	15:10	10:26	0:19
M	Valencia, Ernesto	11	12:40	6:20	19:00	13:00	0:20
F	Vasquez, Sofia	10	14:13	7:06	21:19	14:36	0:23
M	Dang, Patrick	AL	11:42	5:51	17:33	12:08	0:26
M	Gillispie, Andrew	10	13:05	6:32	19:37	13:40	0:35
F	Nguyen, Elise	11	15:22	7:41	23:03	16:04	0:42
M	Patel, Neil	10	15:40	7:50	23:30	16:29	0:49
M	Patel, Vraj	AL	10:36	5:18	15:54	11:26	0:50
M	Hamakawa, Kevin	10	12:26	6:13	18:39	13:24	0:58
M	Kono, Chad	10	13:10	6:35	19:45	14:20	1:10
M	Abbasi, Ahmer	9	16:07	8:03	0:10	17:21	1:14
M	Perez, Eric	10	12:00	6:00	18:00	13:18	1:18
F	Chang, Samantha	10	14:17	7:08	21:25	15:42	1:25
M	Amaro, Chris	10	11:48	5:54	17:42	13:26	1:38

Team - Boys						
Seniors	9					
Sophomores	17					
Freshmen	34					
Juniors	37					
Alumni/Coaches	40					

Team - Girls						
Seniors	12					
Juniors	13					
Sophomores	26					
Freshmen	37					
Alumni/Coaches	NS					

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	1	M	Sawires Yager, Cole	11			10:07	Cerritos Two Mile (N14)	7/12/18
	2		M	Nguyen Van	V			10:18	Cerritos Two Mile	6/25/2004
	3	2	M	Sawires Yager, Cole	10			10:26	Cerritos Two Mile (N14)	7/20/17
	4		M	To, Thien Nam	AL			10:28	Cerritos Two Mile	7/14/11
	5		M	Patel, Vraj	AL			10:36	Cerritos Two Mile (N14)	7/12/18
	6		M	Shen, Andrew	AL			10:44	Cerritos Two Mile (N14)	7/16/15
	7		M	Torres, Omar	CO			10:47	Cerritos Two Mile (N14)	7/9/14
	8		M	Gohata, Damon	CO			10:50	Cerritos Two Mile (N14)	7/16/15
	9	3	M	To, Thien Nam	12			10:54	Cerritos Two Mile	7/10/08
	10	4	M	Chuang, Bill	11			10:55	Cerritos Two Mile (N14)	7/16/15
	11		M	Shen, Andrew	AL			10:57	Cerritos Two Mile	7/9/14
	12	5	M	Chuang, Bill	10			11:00	Cerritos Two Mile (N14)	7/9/14
	13	6	M	Carranza, Jonathan	12			11:02	Cerritos Two Mile	7/11/13
	14	7	M	Quarles, Joshua	12			11:03	Cerritos Two Mile	7/11/13
	15	8	M	Quarles, Joshua	11			11:04	Cerritos Two Mile	7/12/12
			M	Mali, Milan	CO			11:05	Cerritos Two Mile	7/10/08
		9	M	Chuang, Bill	12			11:08	Cerritos Two Mile (N14)	7/14/16
		10	M	Tilve, Ganesh	10			11:09	Cerritos Two Mile	7/9/10
		11	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
		12	M	Amaro, Mario	12			11:11	Cerritos Two Mile (N14)	7/20/17
		13	M	Tilve, Ganesh	11			11:15	Cerritos Two Mile	7/14/11
			M	Horng, Wesley	AL			11:15	Cerritos Two Mile	7/9/09
		14	M	Joo, Ryan	11			11:16	Cerritos Two Mile	7/10/08
		15	M	Soon, Jemerald (JJ)	12		5:38	11:17	Cerritos Two Mile	7/5/2007

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	Vasquez, Sofia	10			14:13	Cerritos Two Mile (N14)	7/12/2018
	9	F	Cooper, Kimmy	10			14:14	Cerritos Two Mile	6/25/2004
	10	F	Cruz, Alicia	10			14:16	Cerritos Two Mile (N14)	7/20/2017
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	Lin, Jaide	12			13:45	Cerritos Two Mile (N14)	7/12/18
	8	F	Atilano, Amanda	12			13:46	Cerritos Two Mile (N14)	7/16/15
	9	F	Park, Stacy	12			13:52	Cerritos Two Mile (N14)	7/9/14
	10	F	Sato, Laura	12			13:53	Cerritos Two Mile (N14)	7/20/17
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	Chen, 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		Amaro, Christopher	10			11:48	Cerritos Two Mile (N14)	7/12/2018
Top 10 Junior Boys	1	M	Sawires Yager, Cole	11			10:07	Cerritos Two Mile (N14)	7/12/18
	2	M	Chuang, Bill	11			10:55	Cerritos Two Mile (N14)	7/16/15
	3	M	Quarles, Josh	11			11:04	Cerritos Two Mile	7/12/12
	4	M	Tilve, Ganesh	11			11:15	Cerritos Two Mile	7/14/11
	5	M	Joo, Ryan	11			11:16	Cerritos Two Mile	7/10/08
	6	M	Shen, Andrew	11			11:24	Cerritos Two Mile	7/9/10
	7	M	Amaro, Mario	11			11:24	Cerritos Two Mile	7/14/16
	8	M	Poblete, Ryan	11			11:25	Cerritos Two Mile	7/10/08
	9	M	Moreno, Fabian	11			11:26	Cerritos Two Mile	7/10/08
	10	M	Markalay, Bryan	11			11:30	Cerritos Two Mile	7/6/2007
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	Patel, Vraj	AL			10:36	Cerritos Two Mile (N14)	7/12/18
	3	M	Shen, Andrew	AL			10:44	Cerritos Two Mile (N14)	7/16/15
	4	M	Shen, Andrew	AL			10:57	Cerritos Two Mile (N14)	7/9/14
	5	M	Soon, Jemerald (JJ)	AL			11:14	Cerritos Two Mile	7/10/08
	6	M	Horng, Wesley	AL			11:15	Cerritos Two Mile	7/9/09
	7	M	Poblete, Ryan	AL			11:17	Cerritos Two Mile	7/9/10
	8	M	Shen, Andrew	AL			11:19	Cerritos Two Mile	7/12/12
	9	M	Amaro, Mario	AL			11:26	Cerritos Two Mile (N14)	7/12/18
	10	M	Tilve, Ganesh	AL			11:28	Cerritos Two Mile	7/11/13