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CERRITOS CROSS COUNTRY

THE INSIDER

October 14, 2018
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Dons Fly at Bell Gardens

¤ DONS FIND 56 NEW SEASON PRs ON A DAY WHERE LESS THAN 70 ATHLETES COMPETED AT THE BELL GARDENS INVITATIONAL AS THE DONS BEGIN TO FLY..

CERRITOS, CA - The park may feel all too familiar for the Dons, but it was nice to pick up the pace as the Dons head into the final few weeks of the season. The Dons have begun to see mass improvements from the young squad and more is to be expected in the final few weeks of the season.

The two highlights of the day came from the sophomore race where Sofia Vasquez flew just six seconds shy of the school record as she recorded the #2 AT mark in 18:29. Anrei Giordano followed suit as he ran a 16:12 to move into the Hall of Fame, posting one of the fastest sophomore marks.

While not all athletes competed, the Dons saw some of their fastest team times posted including the boys who ran to a 86:04 and the girls post in ga 103:29, with the girls missing more of their varsity athletes at the meet.

Leading the way behind Vasquez was Lauren Park (20:11), Khushi Patel (21:15), Alicia Cruz (21:38), and Elise Nguyen (21:56) with all PRing for the season and the last three achieving career PRs. The top five boys all reached their new career PRs with Luc Skube (17:06), Eric Perez (17:25), Kevin Hamakawa (17:33) and Everett Woolley (17:48).

The biggest season PRs came from Matthew Whitel (3:03), Alejandra Galvan (2:58), and Justin Simbol (2:56). The biggest improvements from last year's race including Andrew Gillispie (2:51), Elise Nguyen (2:50), Chad Kono (2:15), and Joanne Huynh (2:14). Sonali Malhi improved by 4:45 from Central Park, while Khushi Patel had the biggest improvement among returners in career PRs.

The day proved to be a stepping stone towards the final goal of huge PRs and there is no doubt that the Dons will continue to progress as they head down the final stretch. The Dons will face the famed hills of Mt. SAC Saturday before turning their attention to league finals.

League Finals to CIF Preliminaries

The top ten to twelve athletes will be invited to join the CIF team should the team make CIF. The athletes are asked to keep the week of CIF open including Saturday evening when we will have CIF night on the town. Additional information will be passed out after the meet on Thursday!

Mt. SAC Invitational
Saturday, October 20, 2018
Mt. SAC College

Schedule
12:15pm - Bus Departs from Bloomfield Lot
3:15pm - Sophomore Girls (#70) (Yellow)
3:30pm - Sophomore Boys (#71) (Blue)
3:45pm - Freshmen Girls (#72) (Green)
4:00pm - Freshmen Boys (#73) (Red)
4:30pm - Varsity Boys (#75) (Blue)
4:45pm - Varsity Girls (#76) (Green)
5:15pm - JV Boys (#78) (Yellow)
5:30pm - JV Girls (#79) (Blue)

6:30pm - Depart Mt. SAC
7:15pm - Return to Bloomfield Lot

We will add approximately five workers to the list.

Junior Olympics
Please let Coach Watanabe know if you plan on running junior olympics this year. The first round is in Santa Clarita, the second round is in Las Vegas, and the finals are in Reno! All three rounds are local this year!

USATF Membership Cost - $20 [Sign Up After 10/31]

11/11 - Association 33 (Santa Clarita)
11/18 - Region 15 (Las Vegas)
12/8 - Nationals (Reno)

League Finals
Thursday, November 1, 2018
Knabe Park
Please note that we will be trying to organize a potluck on the day of the meet! Keep your parents in the loop! Sign up for the potluck will be coming soon! For any parent who wants to help organize the potluck, please let me know ASAP!

Options / Family Circles
We have a few end of the year events that can only occur if we have the funding to do so! Please complete your option payments ($250-new/ $200-returner) in the next week or complete your fundraising! Go to the orientation page for specifics!

Halloween Events
10/19 - Halloween Potluck
Prize for Best Decorated Food, Best Costume

10/31 - Run in Your Costume Contest
Prize for Best Costume for athlete who runs the workout in their costume!

Freeze Frames

Quotable Corner

'Failure will never overtake me if my determination to succeed is strong enough.'

- Og Mandino

Upcoming Events

10/19	Halloween Potluck Giordano Residence
10/20	Mt. SAC Invitational (Afternoon - TBA)
10/23 or 24	Family Circles (Tentative)
10/31	Halloween Run
11/1	League Finals, Knabe Park
11/3	CIF Night on the Town
11/9	CIF Preliminaries
11/11	Association 33 JOs
11/17	CIF Finals

Highlights

Bell Gardens Invitational
Jared De La Paz, Jesselle Marana
Micah Hernandez, Kaithelyn Jauregui
Bryce Hojo, Zara Syed

Honorable Mention
Justin Simbol, Alejandra Galvan
Kevin Jung, Valerie Lopez-Sanchez
Noah Opena, Anuska Bimali

Contact Information
Coach Jason Watanabe
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562-397-0867

			BG18	AVE	3PRC	+/-	3PR18	+/-	CP18	+/-	BG17	+/-	BG16	BG15
F	Vasquez, Sofia	10	18:29	6:09	18:53	0:24	18:57	0:28	19:56	1:27	19:36	1:07		
F	Park, Lauren	12	20:11	6:43	19:45	0:26	20:37	0:26	21:10	0:59	20:37	0:26	22:52	
F	Patel, Khushi	10	21:15	7:05	22:53	1:38	22:53	1:38	23:36	2:21				
F	Cruz, Alicia	11	21:38	7:12	22:30	0:52	22:30	0:52	23:03	1:25				
F	Nguyen, Elise	11	21:56	7:18	22:35	0:39	22:35	0:39	23:08	1:12	24:46	2:50		
F	Huynh, Joanne	11	22:49	7:36	21:00	1:49	22:59	0:10	24:21	1:32	25:03	2:14	23:09	
F	Bernardo, Annabelle	9	23:18	7:46	23:04	0:14	23:04	0:14	23:04	0:14				
F	Lopez-Sanchez, Valerie	11	23:28	7:49	24:47	1:19	25:07	1:39	25:07	1:39			24:47	
F	Roman, Maleia	11	23:34	7:51	24:43	1:09	24:43	1:09	25:36	2:02				
F	Ahn, Ellen	9	23:37	7:52	25:18	1:41	25:18	1:41	25:45	2:08				
F	Jauregui, Kaithelyn	11	23:54	7:58	23:26	0:28	25:09	1:15	W		24:00	0:06	29:04	
F	Bui, Emily	10	23:55	7:58	24:46	0:51	24:46	0:51	DNR-N					
F	Bimali, Anuska	10	24:39	8:13	25:51	1:12	25:51	1:12	25:51	1:12				
F	Syed, Zara	9	24:43	8:14	25:45	1:02	25:45	1:02	?					
F	Galvan, Alejandra	9	25:20	8:26	28:18	2:58	28:18	2:58	28:18	2:58				
F	Arisue, Kayla	9	25:32	8:30	26:37	1:05	26:37	1:05	26:37	1:05				
F	Rodriguez, Priscila	10	26:52	8:57	26:06	0:46	26:29	0:23	26:29	0:23	26:06	0:46		
F	Mercado, Donita	10	26:57	8:59	27:51	0:54	27:51	0:54	F-CF					
F	Tang, Kristen	9	27:30	9:10	26:17	1:13	26:17	1:13	26:17	1:13				
F	Chau, Chloe	11	28:16	9:25	26:29	1:47	30:13	1:57	30:29	2:13	28:09	0:07	32:21	
F	Tae, Amanda	9	28:26	9:28	29:05	0:39	29:05	0:39	30:58	2:32				
F	Chu, Rachel	11	28:26	9:28	27:10	1:16	29:47	1:21	W				28:14	
F	Hantragoon, Cindy	12	28:57	9:39	26:04	2:53	29:24	0:27	SAT		26:04	2:53		
F	Marana, Jesselle	9	30:02	10:00	31:25	1:23	31:25	1:23	W					
F	Malhi, Sonali	9	30:25	10:08	32:47	2:22	32:47	2:22	35:10	4:45				
F	Fueston, Ashley	11	30:35	10:11	29:17	1:18	29:17	1:18	31:42	1:07				
F	Hitt, Kathryn	11	32:48	10:56	32:06	0:42	32:06	0:42	34:45	1:57				
F	Bayan, Isabella	10			24:51		24:51		24:51		26:00			
F	Brickner, Kaela	10	W		29:28		29:58		W					
F	Chang, Samantha	10	MUN		20:33		20:33		20:39					
F	Chau, Caitlin	9			29:04		29:04		W					
F	Doshi, Jaina	9	MUN		27:00		27:00		27:58					
F	Fernandes, Kellie	10	MUN		28:04		28:04		S					
F	Fujihiro, Lindsay	12			21:55		24:58		DNF					
F	Gomez, Patricia	12	MUN		21:21		21:21		SAT?					24:09
F	Hwang, Caitlyn	9	MUN		29:03		29:03		29:03					
F	Joe, Kyli	10	MUN		22:51		22:51		23:02					
F	Keerthisinghe, Oshini	11	MUN		28:31		33:52		CL-CF					
F	Kim, Caitlin	11	MUN		24:34		28:22		30:18				24:34	
F	Kim, Emilie	10			25:10		25:10		25:10					
F	Kim, Faith	10	MUN		24:22		26:56		W					
F	Kim, Kayla	10	MUN		23:31		23:57		24:34					
F	Kuo, Shani	12	Q		24:48		-		Q				27:35	
F	Kwack, Sophia	12	MUN		22:57		24:53		SAT				26:28	
F	Kwon, Melody	12	MUN		24:42		26:50		L				26:18	
F	Laforteza, Zyran	10	F		27:10		27:10		NC-CF					
F	Lee, Claire	12	MUN		21:30		22:06		SAT				22:16	
F	Lin, Jaide	12	MUN		18:45		18:57		19:46				19:30	
F	Ng, Carly	12	MUN		25:39		28:36		SAT				26:44	
F	Park, Nary	9	MUN		23:25		23:25		23:25					
F	Patel, Ami	12	MUN		23:45		30:04		SAT				23:45	
F	Patel, Karina	11	MUN		28:16		30:37		?				28:22	
F	Patel, Riddhi	11	MUN		25:18		28:32		28:32				28:22	
F	Pema, Isha	12	MUN		21:30		21:43		22:54				21:39	
F	Pham, Aline	12	MUN		26:36		29:46		SAT				26:37	
F	Poblete, Teia	10	MUN		24:53		24:53		24:53					
F	Sagun, Melanie	9	MUN		25:10		25:10		25:10					
F	Singh, Karina	10	MUN		23:44		27:34		F					
F	Wang, Pearl	9	MUN		30:55		30:55		?					
F	Wang, Tara	9	MUN		24:36		24:36		24:36					
F	Watanabe, Carolyn	9	MUN		31:15		31:15		31:45					
F	Yang, Emma	11	MUN		21:36		21:52		23:08				22:01	
			CI18	AVE	3PRC	+/-	3PR18	+/-	CI18					
M	Giordano, Anrei	10	16:12	5:24	16:57	0:45	16:57	0:45	17:10	0:58	17:59	1:47		
M	Skube, Luc	12	17:06	5:42	17:20	0:14	17:20	0:14	18:36	1:30			19:00	
M	Perez, Eric	10	17:25	5:48	17:40	0:15	17:40	0:15	18:26	1:01	18:47	1:22		
M	Hamakawa, Kevin	10	17:33	5:51	17:54	0:21	17:54	0:21	19:22	1:49	19:26	1:53		
M	Woolley, Everett	12	17:48	5:56	18:01	0:13	18:01	0:13	18:56	1:08	18:41	0:53	19:37	21:54
M	Amaro, Chris	10	18:01	6:00	18:08	0:07	18:08	0:07	18:35	0:34	18:33	0:32		
M	Hojo, Bryce	9	18:07	6:02	19:02	0:55	19:02	0:55	19:08	1:01				

			CI18	AVE	3PRC	+/-	3PR18	+/-	CI18					
M	Gillispie, Andrew	10	18:10	6:03	19:00	0:50	19:00	0:50	19:12	1:02	21:01	2:51		
M	Cruz, Joseph	9	18:50	6:16	18:46	0:04	18:46	0:04	18:46	0:04				
M	Zong, Gary	9	19:06	6:22	20:17	1:11	20:17	1:11	20:17	1:11				
M	Mateo, Evaristo	10	19:15	6:25	20:30	1:15	20:30	1:15	20:30	1:15				
M	De La Paz, Jared	11	19:19	6:26	21:15	1:56	21:15	1:56	21:15	1:56				
M	Jon, Samuel	12	19:40	6:33	19:49	0:09	20:21	0:41	20:48	1:08	20:08	0:28		
M	Kono, Chad	10	19:43	6:34	19:19	0:24	19:19	0:24	21:16	1:33	21:58	2:15		
M	Simha, Kaustubh	9	19:49	6:36	20:25	0:36	20:25	0:36	22:00	2:11				
M	Jung, Kevin	10	20:01	6:40	19:23	0:38	21:21	1:20	21:48	1:47	20:24	0:23		
M	Chan, Kyle	10	20:03	6:41	20:48	0:45	20:48	0:45	21:17	1:14				
M	Thiem, Tyler	9	20:05	6:41	21:24	1:19	21:24	1:19	21:24	1:19				
M	Singh, Sehajpal	10	20:10	6:43	21:50	1:40	21:50	1:40	21:50	1:40				
M	Opena, Noah	12	20:12	6:44	18:04	2:08	22:59	2:47	22:59	2:47				
M	Huang, Zachary	9	20:31	6:50	21:06	0:35	21:06	0:35	21:16	0:45				
M	Padilla, Andrew	11	20:41	6:53	21:28	0:47	21:34	0:53	21:34	0:53	22:23	1:42		
M	Hernandez, Micah	10	21:10	7:03	22:53	1:43	22:53	1:43	23:10	2:00				
M	Tenazas, Lucas	12	21:16	7:05	20:24	0:52	21:19	0:03	22:08	0:52	21:05	0:11	20:24	21:43
M	Vernon, Taylor	12	21:23	7:07	20:44	0:39	20:44	0:39	?					
M	Lin, Michael	9	21:34	7:11	22:05	0:31	22:05	0:31	22:05	0:31				
M	Simbol, Justin	10	21:34	7:11	24:30	2:56	24:30	2:56	24:48	3:14				
M	De La Pena, Michael	11	21:57	7:19	20:02	1:55	23:16	1:19	23:16	1:19	20:28	1:29		
M	Park, Anthony	9	22:09	7:23	22:06	0:03	22:06	0:03	22:06	0:03				
M	Lee, Lionel	10	22:35	7:31	22:20	0:15	22:20	0:15	22:52	0:17				
M	Abbasi, Ahmer	10	23:03	7:41	23:48	0:45	23:49	0:46	24:22	1:19				
M	Magante, Troy	10	23:04	7:41	25:44	2:40	25:44	2:40	25:44	2:40				
M	Kim, Mark	11	23:35	7:51	20:04	3:31	22:01	1:34	22:23	1:12				
M	Dominguez, Nicholas	9	23:54	7:58	23:32	0:22	23:32	0:22	24:07	0:13				
M	Cao, Chong	12	24:09	8:03	23:52	0:17	24:39	0:30	?				25:34	
M	Chang, Matthew	9	24:20	8:06	24:41	0:21	24:41	0:21	24:41	0:21				
M	White, Matthew	9	25:03	8:21	28:06	3:03	28:06	3:03	C					
M	Masa, Kenneth	10	26:40	8:53	27:46	1:06	27:46	1:06	W					
M	Mab, Ga Sung	11	28:25	9:28	27:46	0:39	28:41	0:16	28:41	0:16	27:58	0:27		
M	Martin, Adrean	10	28:56	9:38	30:55	1:59	30:55	1:59	30:55	1:59				
M	Nam, David	9	31:54	10:38	34:01	2:07	34:01	2:07	34:01	2:07				
M	Agrawal, Mohit	9	MUN		27:33		28:27		W					
M	Ahn, Derek	11	CL		28:59		28:59		CL					
M	An, Samuel	10	MUN		21:55		21:55		21:55					
M	Dinh, Paul	11			19:37		19:37		19:37					
M	George, Mathew	9	MUN		24:02		24:02		24:02					
M	Gordo, Zachary	10	MUN		24:39		24:39		25:18					
M	Hajari, Arya	10	MUN		23:30		27:42		?				26:04	
M	Ingale, Kuval	10	MUN		23:59		23:59		25:16					
M	Kim, Jeremy	10	MUN		21:21		21:21		22:13					
M	Koo, Brian	10	MUN		21:53		21:53		?					
M	Lee, Jayden	12			21:18		21:18		21:46		23:13			
M	Malhi, Jayson	10			18:04		18:04		19:16		19:15			
M	McFadden, Matthew	10	U		21:33		22:07		S-NC					
M	Mendoza, Ben	9	MUN		21:58		21:58		22:43					
M	Park, Andrew	9	CL		28:34		28:34		CL					
M	Park, Nathan	9	MUN		-		-		C					
M	Patel, Neil	11	MUN		20:33		21:00		21:34				24:14	
M	Peters, Sean	9			23:22		23:22		24:10					
M	Quilantang, Jon	11			22:47		28:59		W		23:58			
M	Satish, Naman	10	MUN		27:33		30:40		W					
M	Soriano, Angelo	11			23:16		23:16		23:16					
M	Usi, Keoni	10	MUN		19:18		19:31		20:17					
M	Wong, Adrian	10	MUN		21:14		-		W					
M	Wong, Ethan	9	MUN		22:28		22:28		23:00					
M	Yi, Isaac	10	MUN		20:13		20:13		20:28					

Scoring	1-3	SG	1-7	1-10	Team	Ave
Girls Team	2:46	3:27	4:49	5:08	103:29	20:41
Boys Team	1:21	1:36	1:55	2:54	86:04	17:12

	Girls Varsity	BG14		2013		2011		BG10		2004	
1	Atilano, Aman	18:57	Park, J	19:49	Magana	19:44	Tai, G	18:47	Cerda	20:45	
2	Castellanos, M	19:41	Gavilan	20:09	Lee, Aud	20:35	Avila, K	19:16	Kuan, D	21:08	
3	Katsuda, Brian	19:45	Movchan	20:09	Kim, Jess	21:35	Park, J	20:19	Kim, C	21:32	
4	Park, Stacy	20:06	Atilano	20:30	Movchan	21:45	Joslin, D	21:14	Baek, S	22:16	
5	Katsuda, Kayla	20:20	Lau, F	20:58	Juarez, A	21:54	Kim, J	21:31	Kuan, S	22:38	
6	Oshiro, Jessica	20:43	Tsao, J	22:27	Joslin, D	22:04	Cortez, N	21:38	Kim, J	22:47	
7	Oshiro, Melissa	20:44	Luu, C	22:34	Cortez, N	23:18	Maehara	22:57	Lu, S	22:50	
		98:44		101:35		105:33		100:54		108:19	

	Boys Varsity	BG14		2013		2011		BG10		2004	
1	Chuang, Bill	15:27	Quarles	16:00	Quarles, J	17:16	Tilve, G	16:06	Kumar	17:53	
2	Cortez, Christi	15:28	Tilve, G	16:21	Carranza	17:31	Liang, J	16:52	Soon, J	18:28	
3	Patel, Jaineel	16:54	Carranza	16:22	Chiang, I	17:32	Chern, M	16:55	Hanna	18:30	
4	Ramos, Emma	17:05	Lee, F	16:51	Shen, A	17:43	Kim, D	17:21	Moon, S	18:36	
5	Tai, Nicholas	17:06	Patel, S	17:00	Tran, M	18:11	Shen A	17:24	Naga, E	19:00	
6	Yang, Derrick	17:25	Caliz, A	17:08	Huang, K	18:27	Lee, F	17:34	Baek, M	19:01	
7	Johnson, Chas	17:30	Lin, M	17:15	Batres, B	18:30	Lim, R	17:47	Lee, K	19:04	
		82:00		82:34		88:13		87:37		92:27	

	Girls Varsity	BG18		BG17		BG16		BG15			DIFF
1	Vasquez, Sofia	18:29	Sato, L	19:31	Lin, Jaide	19:30	Katsu, B	20:06			1:02
2	Park, Lauren	20:11	Vasquez	19:36	Katsuda	20:10	Lin, C	20:41			0:35
3	Patel, Khushi	21:15	Chu, M	20:16	Lee, E	21:07	Katsu, K	21:11			0:59
4	Cruz, Alicia	21:38	Park, L	20:37	Chu, M	21:23	Vitug, C	21:33			1:01
5	Nguyen, Elise	21:56	Katsuda	20:53	Atilano	21:29	Sato, L	21:34			1:03
6	Huynh, Joanne	22:49	Yamasaki	21:40	Huh, G.	21:32	Chu, M	21:49			1:09
7	Bernardo, Annabe	23:18	Fujihiro	22:16	Pema, I	21:39	Lee, E	21:55			1:02
		103:29		100:53		103:39		105:05			2:36

	Boys Varsity	BG18		BG17		BG16		BG15			DIFF
1	Giordano, Anrei	16:12	SawiresY	15:43	Chuang	15:47	Chuang	15:22			0:29
2	Skube, Luc	17:06	Amaro, M	15:43	Patel, J	16:08	Patel, J	16:20			1:23
3	Perez, Eric	17:25	Inada, F	16:15	Amaro, M	16:14	Kwon, D	16:50			1:18
4	Hamakawa, Kevin	17:33	Patel, V	16:17	Inada, F	16:17	Yao, A	16:54			1:08
5	Woolley, Everett	17:48	Patel, J	16:18	SawiresY	16:19	Alvarado	17:00			1:30
6	Amaro, Chris	18:01	Giordano	17:59	Choi, J	16:30	Tai, N	17:12			0:02
7	Hojo, Bryce	18:07	Dang, P	17:59	Patel, V	16:42	Amaro, M	17:21			0:08
		86:04		80:16		80:45		82:26			5:48

New Personal Records (Season)

			BG18	3PR18	+/-
M	White, Matthew	9	25:03	28:06	3:03
F	Galvan, Alejandra	9	25:20	28:18	2:58
M	Simbol, Justin	10	21:34	24:30	2:56
M	Opena, Noah	12	20:12	22:59	2:47
M	Magante, Troy	10	23:04	25:44	2:40
F	Malhi, Sonali	9	30:25	32:47	2:22
M	Nam, David	9	31:54	34:01	2:07
M	Martin, Adrean	10	28:56	30:55	1:59
F	Chau, Chloe	11	28:16	30:13	1:57
M	De La Paz, Jared	11	19:19	21:15	1:56
M	Hernandez, Micah	10	21:10	22:53	1:43
F	Ahn, Ellen	9	23:37	25:18	1:41
M	Singh, Sehajpal	10	20:10	21:50	1:40
F	Lopez-Sanchez, Valerie	11	23:28	25:07	1:39
F	Patel, Khushi	10	21:15	22:53	1:38
F	Marana, Jesselle	9	30:02	31:25	1:23
F	Chu, Rachel	11	28:26	29:47	1:21
M	Jung, Kevin	10	20:01	21:21	1:20
M	Thiem, Tyler	9	20:05	21:24	1:19
M	De La Pena, Michael	11	21:57	23:16	1:19
F	Jauregui, Kaithelyn	11	23:54	25:09	1:15
M	Mateo, Evaristo	10	19:15	20:30	1:15
F	Bimali, Anuska	10	24:39	25:51	1:12
M	Zong, Gary	9	19:06	20:17	1:11
F	Roman, Maleia	11	23:34	24:43	1:09
M	Masa, Kenneth	10	26:40	27:46	1:06
F	Arisue, Kayla	9	25:32	26:37	1:05
F	Syed, Zara	9	24:43	25:45	1:02
M	Hojo, Bryce	9	18:07	19:02	0:55
F	Mercado, Donita	10	26:57	27:51	0:54
M	Padilla, Andrew	11	20:41	21:34	0:53
F	Cruz, Alicia	11	21:38	22:30	0:52
F	Bui, Emily	10	23:55	24:46	0:51
M	Gillispie, Andrew	10	18:10	19:00	0:50
M	Abbasi, Ahmer	10	23:03	23:49	0:46
M	Giordano, Anrei	10	16:12	16:57	0:45
M	Chan, Kyle	10	20:03	20:48	0:45
M	Jon, Samuel	12	19:40	20:21	0:41
F	Nguyen, Elise	11	21:56	22:35	0:39
F	Tae, Amanda	9	28:26	29:05	0:39
M	Simha, Kaustubh	9	19:49	20:25	0:36
M	Huang, Zachary	9	20:31	21:06	0:35
M	Lin, Michael	9	21:34	22:05	0:31
M	Cao, Chong	12	24:09	24:39	0:30
F	Vasquez, Sofia	10	18:29	18:57	0:28
F	Hantragoon, Cindy	12	28:57	29:24	0:27
F	Park, Lauren	12	20:11	20:37	0:26
M	Chang, Matthew	9	24:20	24:41	0:21
M	Hamakawa, Kevin	10	17:33	17:54	0:21
M	Mab, Ga Sung	11	28:25	28:41	0:16
M	Perez, Eric	10	17:25	17:40	0:15
M	Skube, Luc	12	17:06	17:20	0:14
M	Woolley, Everett	12	17:48	18:01	0:13
F	Huynh, Joanne	11	22:49	22:59	0:10
M	Amaro, Chris	10	18:01	18:08	0:07
M	Tenazas, Lucas	12	21:16	21:19	0:03

Improvement from BG '17 to BG '18

			BG18	BG17	+/-
M	Gillispie, Andrew	10	18:10	21:01	2:51
F	Nguyen, Elise	11	21:56	24:46	2:50
M	Kono, Chad	10	19:43	21:58	2:15
F	Huynh, Joanne	11	22:49	25:03	2:14
M	Hamakawa, Kevin	10	17:33	19:26	1:53
M	Giordano, Anrei	10	16:12	17:59	1:47
M	Padilla, Andrew	11	20:41	22:23	1:42
M	Perez, Eric	10	17:25	18:47	1:22
F	Vasquez, Sofia	10	18:29	19:36	1:07
M	Woolley, Everett	12	17:48	18:41	0:53
M	Amaro, Chris	10	18:01	18:33	0:32
M	Jon, Samuel	12	19:40	20:08	0:28
F	Park, Lauren	12	20:11	20:37	0:26
M	Jung, Kevin	10	20:01	20:24	0:23
F	Jauregui, Kaithelyn	11	23:54	24:00	0:06

New Personal Records (Career)

			BG18	3PRC	+/-
M	White, Matthew	9	25:03	28:06	3:03
F	Galvan, Alejandra	9	25:20	28:18	2:58
M	Simbol, Justin	10	21:34	24:30	2:56
M	Magante, Troy	10	23:04	25:44	2:40
F	Malhi, Sonali	9	30:25	32:47	2:22
M	Nam, David	9	31:54	34:01	2:07
M	Martin, Adrean	10	28:56	30:55	1:59
M	De La Paz, Jared	11	19:19	21:15	1:56
M	Hernandez, Micah	10	21:10	22:53	1:43
F	Ahn, Ellen	9	23:37	25:18	1:41
M	Singh, Sehajpal	10	20:10	21:50	1:40
F	Patel, Khushi	10	21:15	22:53	1:38
F	Marana, Jesselle	9	30:02	31:25	1:23
F	Lopez-Sanchez, Valerie	11	23:28	24:47	1:19
M	Thiem, Tyler	9	20:05	21:24	1:19
M	Mateo, Evaristo	10	19:15	20:30	1:15
F	Bimali, Anuska	10	24:39	25:51	1:12
M	Zong, Gary	9	19:06	20:17	1:11
F	Roman, Maleia	11	23:34	24:43	1:09
M	Masa, Kenneth	10	26:40	27:46	1:06
F	Arisue, Kayla	9	25:32	26:37	1:05
F	Syed, Zara	9	24:43	25:45	1:02
M	Hojo, Bryce	9	18:07	19:02	0:55
F	Mercado, Donita	10	26:57	27:51	0:54
F	Cruz, Alicia	11	21:38	22:30	0:52
F	Bui, Emily	10	23:55	24:46	0:51
M	Gillispie, Andrew	10	18:10	19:00	0:50
M	Padilla, Andrew	11	20:41	21:28	0:47
M	Giordano, Anrei	10	16:12	16:57	0:45
M	Chan, Kyle	10	20:03	20:48	0:45
M	Abbasi, Ahmer	10	23:03	23:48	0:45
F	Nguyen, Elise	11	21:56	22:35	0:39
F	Tae, Amanda	9	28:26	29:05	0:39
M	Simha, Kaustubh	9	19:49	20:25	0:36
M	Huang, Zachary	9	20:31	21:06	0:35
M	Lin, Michael	9	21:34	22:05	0:31
F	Vasquez, Sofia	10	18:29	18:53	0:24
M	Chang, Matthew	9	24:20	24:41	0:21
M	Hamakawa, Kevin	10	17:33	17:54	0:21
M	Perez, Eric	10	17:25	17:40	0:15
M	Skube, Luc	12	17:06	17:20	0:14
M	Woolley, Everett	12	17:48	18:01	0:13
M	Jon, Samuel	12	19:40	19:49	0:09
M	Amaro, Chris	10	18:01	18:08	0:07

Improvement from Central '17 to BG '17

			BG18	CP18	+/-
F	Malhi, Sonali	9	30:25	35:10	4:45
M	Simbol, Justin	10	21:34	24:48	3:14
F	Galvan, Alejandra	9	25:20	28:18	2:58
M	Opena, Noah	12	20:12	22:59	2:47
M	Magante, Troy	10	23:04	25:44	2:40
F	Tae, Amanda	9	28:26	30:58	2:32
F	Patel, Khushi	10	21:15	23:36	2:21
F	Chau, Chloe	11	28:16	30:29	2:13
M	Simha, Kaustubh	9	19:49	22:00	2:11
F	Ahn, Ellen	9	23:37	25:45	2:08
M	Nam, David	9	31:54	34:01	2:07
F	Roman, Maleia	11	23:34	25:36	2:02
M	Hernandez, Micah	10	21:10	23:10	2:00
M	Martin, Adrean	10	28:56	30:55	1:59
F	Hitt, Kathryn	11	32:48	34:45	1:57
M	De La Paz, Jared	11	19:19	21:15	1:56
M	Hamakawa, Kevin	10	17:33	19:22	1:49
M	Jung, Kevin	10	20:01	21:48	1:47
M	Singh, Sehajpal	10	20:10	21:50	1:40
F	Lopez-Sanchez, Valerie	11	23:28	25:07	1:39
M	Kono, Chad	10	19:43	21:16	1:33
F	Huynh, Joanne	11	22:49	24:21	1:32
M	Skube, Luc	12	17:06	18:36	1:30
F	Vasquez, Sofia	10	18:29	19:56	1:27
F	Cruz, Alicia	11	21:38	23:03	1:25
M	Thiem, Tyler	9	20:05	21:24	1:19
M	De La Pena, Michael	11	21:57	23:16	1:19
M	Abbasi, Ahmer	10	23:03	24:22	1:19
M	Mateo, Evaristo	10	19:15	20:30	1:15
M	Chan, Kyle	10	20:03	21:17	1:14
F	Nguyen, Elise	11	21:56	23:08	1:12
F	Bimali, Anuska	10	24:39	25:51	1:12
M	Zong, Gary	9	19:06	20:17	1:11
M	Woolley, Everett	12	17:48	18:56	1:08
M	Jon, Samuel	12	19:40	20:48	1:08
F	Fueston, Ashley	11	30:35	31:42	1:07
F	Arisue, Kayla	9	25:32	26:37	1:05
M	Gillispie, Andrew	10	18:10	19:12	1:02
M	Hojo, Bryce	9	18:07	19:08	1:01
M	Perez, Eric	10	17:25	18:26	1:01
F	Park, Lauren	12	20:11	21:10	0:59
M	Giordano, Anrei	10	16:12	17:10	0:58
M	Padilla, Andrew	11	20:41	21:34	0:53
M	Tenazas, Lucas	12	21:16	22:08	0:52
M	Huang, Zachary	9	20:31	21:16	0:45
M	Amaro, Chris	10	18:01	18:35	0:34
M	Lin, Michael	9	21:34	22:05	0:31
M	Chang, Matthew	9	24:20	24:41	0:21
M	Lee, Lionel	10	22:35	22:52	0:17
M	Mab, Ga Sung	11	28:25	28:41	0:16
M	Dominguez, Nicholas	9	23:54	24:07	0:13

Bell Gardens Invitational Top 15

Top 15 Females	1	1	F	Vasquez, Sofia	10	18:29	Cerritos Regional	2018
	2	2	F	Tai, Gina	12	18:47	Legg Lake	2010
	3	3	F	Atilano, Amanda	11	18:57	Cerritos Regional	2014
	4	4	F	Avila, Kathia	11	19:16	Legg Lake	2010
	5	5	F	Lin, Jaide	10	19:30	Cerritos Regional	2016
	6	6	F	Sato, Laura	12	19:31	Cerritos Regional	2017
	7	7	F	Vasquez, Sofia	9	19:36	Cerritos Regional	2017
	8	8	F	Castellanos, Marina	9	19:41	Cerritos Regional	2014
	9	9	F	Katsuda, Brianna	9	19:45	Cerritos Regional	2014
	10	10	F	Park, Stacy	12	20:06	Cerritos Regional	2014
	11	11	F	Katsuda, Brianna	10	20:06	Cerritos Regional	2015
	12	12	F	Katsuda, Brianna	11	20:10	Cerritos Regional	2016
	13	13	F	Park, Lauren	12	20:11	Cerritos Regional	2018
	14	14	F	Chu, Marie	12	20:16	Cerritos Regional	2017
	15	15	F	Park, Jennifer	10	20:19	Legg Lake	2010
Top 15 Males	1	1	M	Chuang, Bill	11	15:22	Cerritos Regional	2015
	2	2	M	Chuang, Bill	10	15:27	Cerritos Regional	2014
	3	3	M	Cortez, Christian	12	15:28	Cerritos Regional	2014
	4	4	M	Sawires Yager, Cole	10	15:43	Cerritos Regional	2017
	5	5	M	Amaro, Mario	12	15:43	Cerritos Regional	2017
	6	6	M	Chuang, Bill	12	15:47	Cerritos Regional	2016
	7	7	M	Tilve, Ganesh	10	16:06	Legg Lake	2010
	8	8	M	Patel, Jaineel	11	16:08	Cerritos Regional	2016
	9	9	M	Giordano, Michael (Anrei)	10	16:12	Cerritos Regional	2018
	10	10	M	Amaro, Mario	11	16:14	Cerritos Regional	2016
	11	11	M	Inada, Frederick	12	16:15	Cerritos Regional	2017
	12	12	M	Inada, Frederick	11	16:17	Cerritos Regional	2016
	13	13	M	Patel, Vraj	12	16:17	Cerritos Regional	2017
	14	14	M	Patel, Jaineel	12	16:18	Cerritos Regional	2017
	15	15	M	Sawires Yager, Cole	9	16:19	Cerritos Regional	2016
	15	15	M	Patel, Jaineel	10	16:20	Cerritos Regional	2015

Bell Gardens Invitational Top 10 by Grade - Boys

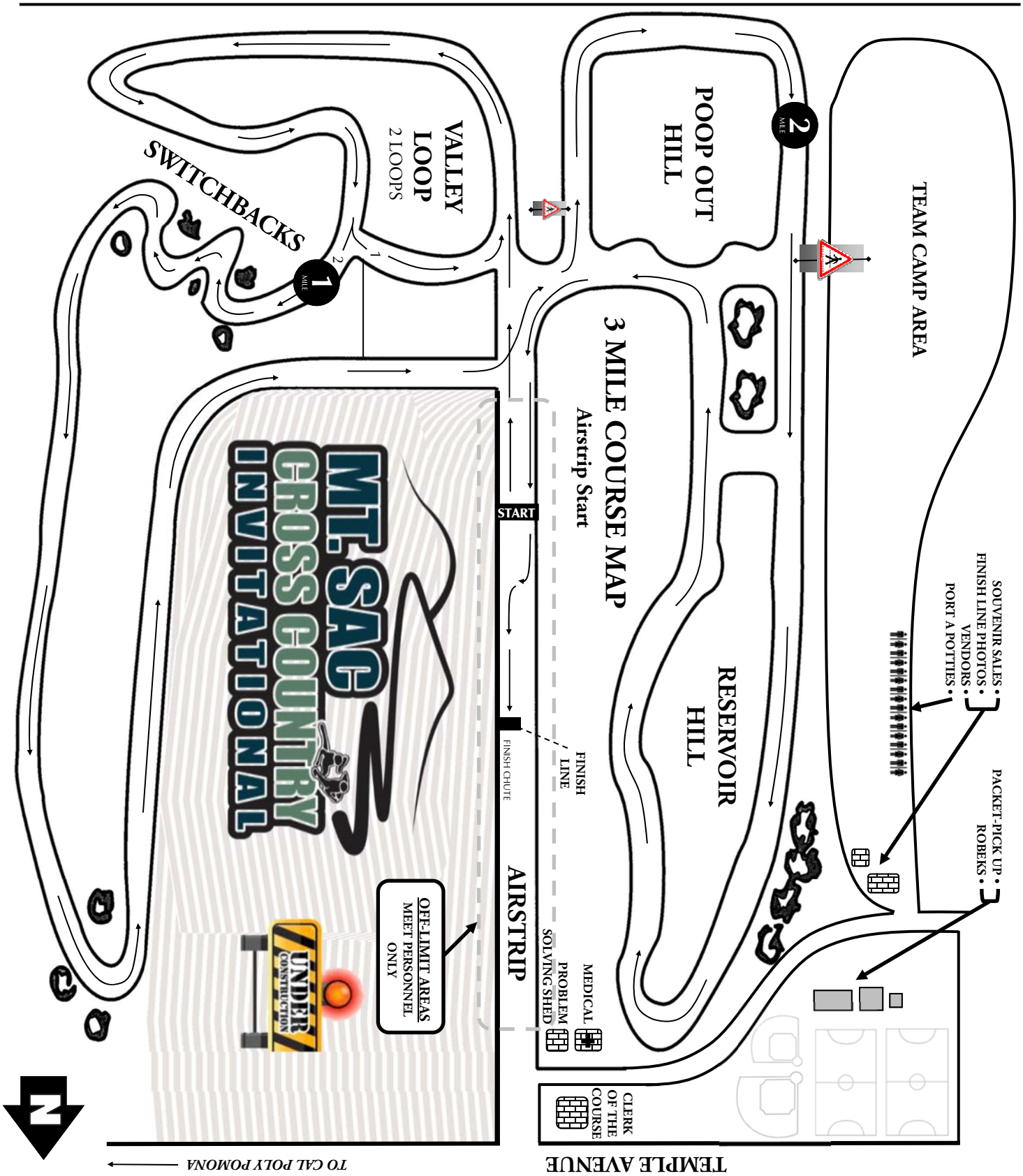
		G	Name	GR	Total	Course	Date
Top 10 Fresmen Girls	1	F	Vasquez, Sofia	9	19:36	Cerritos Regional	2017
	2	F	Castellanos, Marina	9	19:41	Cerritos Regional	2014
	3	F	Katsuda, Brianna	9	19:45	Cerritos Regional	2014
	4	F	Atilano, Katherine	9	21:29	Cerritos Regional	2016
	5	F	Kim, Jessica	9	21:31	Legg Lake	2010
	6	F	Yamachika, Kristi	9	21:40	Cerritos Regional	2014
	7	F	Yang, Emma	9	22:01	Cerritos Regional	2016
	8	F	Yamasaki, Rachel	9	22:18	Cerritos Regional	2016
	9	F	Chu, Marie	9	22:47	Cerritos Regional	2014
	10	F	Maehara, Liana	9	22:57	Legg Lake	2010
Top 10 Sophomore Girls	1	F	Vasquez, Sofia	10	18:29	Cerritos Regional	2018
	2	F	Lin, Jaide	10	19:30	Cerritos Regional	2016
	3	F	Katsuda, Brianna	10	20:06	Cerritos Regional	2015
	4	F	Park, Jennifer	10	20:19	Legg Lake	2010
	5	F	Oshiro, Melissa	10	20:44	Cerritos Regional	2014
	6	F	Joslin, Danielle	10	21:14	Legg Lake	2010
	7	F	Patel, Khushi	10	21:15	Cerritos Regional	2018
	8	F	Sato, Laura	10	21:34	Cerritos Regional	2015
	9	F	Cortez, Natalie	10	21:38	Legg Lake	2010
	10	F	Pema, Isha	10	21:39	Cerritos Regional	2016
Top 10 Junior Girls	1	F	Atilano, Amanda	11	18:57	Cerritos Regional	2014
	2	F	Avila, Kathia	11	19:16	Legg Lake	2010
	3	F	Katsuda, Brianna	11	20:10	Cerritos Regional	2016
	4	F	Katsuda, Kayla	11	20:20	Cerritos Regional	2014
	5	F	Park, Lauren	11	20:37	Cerritos Regional	2017
	6	F	Chu, Marie	11	21:23	Cerritos Regional	2016
	7	F	Vitug, Cailey	11	21:33	Cerritos Regional	2015
	8	F	Cruz, Alicia	11	21:38	Cerritos Regional	2018
	9	F	Sato, Laura	11	21:53	Cerritos Regional	2016
	10	F	Lee, Eunice	11	21:55	Cerritos Regional	2015
Top 10 Senior Girls	1	F	Tai, Gina	12	18:47	Legg Lake	2010
	2	F	Sato, Laura	12	19:31	Cerritos Regional	2017
	3	F	Park, Stacy	12	20:06	Cerritos Regional	2014
	4	F	Park, Lauren	12	20:11	Cerritos Regional	2018
	5	F	Chu, Marie	12	20:16	Cerritos Regional	2017
	6	F	Lin, Catherine	12	20:41	Cerritos Regional	2015
	7	F	Oshiro, Jessica	12	20:43	Cerritos Regional	2014
	8	F	Katsuda, Brianna	12	20:53	Cerritos Regional	2017
	9	F	Lee, Eunice	12	21:07	Cerritos Regional	2016
	10	F	Katsuda, Kayla	12	21:11	Cerritos Regional	2015

Bell Gardens Invitational Top 10 by Grade - Boys

		G	Name	GR	Total	Course	Date
Top 10 Fresmen Boys	1	M	Sawires Yager, Cole	9	16:19	Cerritos Regional	2016
	2	M	Patel, Jaineel	9	16:54	Cerritos Regional	2014
	3	M	Lee, Frank	9	17:34	Legg Lake	2010
	4	M	Batres, Benjamin	9	17:50	Legg Lake	2010
	5	M	Carranza, Jonathan	9	17:51	Legg Lake	2010
	6	M	Giordano, Michael (Anrei)	9	17:59	Cerritos Regional	2017
	7	M	Palafox, Brandon	9	18:14	Cerritos Regional	2014
	8	M	Amaro, Chris	9	18:33	Cerritos Regional	2017
	9	M	Kim, Isaac	9	18:38	Legg Lake	2010
	10	M	Bither, Connor	9	18:40	Cerritos Regional	2014
Top 10 Sophomore Boys	1	M	Chuang, Bill	10	15:27	Cerritos Regional	2014
	2	M	Sawires Yager, Cole	10	15:43	Cerritos Regional	2017
	3	M	Tilve, Ganesh	10	16:06	Legg Lake	2010
	4	M	Giordano, Michael (Anrei)	10	16:12	Cerritos Regional	2018
	5	M	Patel, Jaineel	10	16:20	Cerritos Regional	2015
	6	M	Ramos, Emmanuel	10	17:05	Cerritos Regional	2014
	7	M	Amaro, Mario	10	17:21	Cerritos Regional	2015
	8	M	Yang, Derrick	10	17:25	Cerritos Regional	2014
	9	M	Perez, Eric	10	17:25	Cerritos Regional	2018
	10	M	Hamakawa, Kevin	10	17:33	Cerritos Regional	2018
Top 10 Junior Boys	1	M	Chuang, Bill	11	15:22	Cerritos Regional	2015
	2	M	Patel, Jaineel	11	16:08	Cerritos Regional	2016
	3	M	Amaro, Mario	11	16:14	Cerritos Regional	2016
	4	M	Inada, Frederick	11	16:17	Cerritos Regional	2016
	5	M	Patel, Vraj	11	16:42	Cerritos Regional	2016
	6	M	Yao, Alex	11	16:54	Cerritos Regional	2015
	7	M	Tai, Nicholas	11	17:06	Cerritos Regional	2014
	8	M	Shen, Andrew	11	17:24	Legg Lake	2010
	9	M	Choi, JiWoo	11	17:31	Cerritos Regional	2015
	10	M	Ramos, Emmanuel	11	17:41	Cerritos Regional	2015
Top 10 Senior Boys	1	M	Cortez, Christian	12	15:28	Cerritos Regional	2014
	2	M	Amaro, Mario	12	15:43	Cerritos Regional	2017
	3	M	Chuang, Bill	12	15:47	Cerritos Regional	2016
	4	M	Inada, Frederick	12	16:15	Cerritos Regional	2017
	5	M	Patel, Vraj	12	16:17	Cerritos Regional	2017
	6	M	Patel, Jaineel	12	16:18	Cerritos Regional	2017
	7	M	Choi, JiWoo	12	16:30	Cerritos Regional	2016
	8	M	Kwon, Derick	12	16:50	Cerritos Regional	2015
	9	M	Liang, Jonathan	12	16:52	Legg Lake	2010
	10	M	Chern, Matthew	12	16:55	Legg Lake	2010

MT. SAC CROSS COUNTRY COURSE MAP

3 Mile & Course Logistics Map



BROOKS