CERRITOS TRACK & FIELD

Monday, April 9, 2012

Volume I, Issue 2

Dons Complete a Clean Sweep of John Glenn Heading into the Break

CERRITOS, CA - The boys varsity team had a close battle, however, in the end, the Dons secured victories in all four levels with the GFS 93-46, BFS 101-17, GV 81-20, and BV 80-54.

The boys frosh-soph team opened up with a solid 4x100 victory over Glenn in 51.64 and opened up a 13-1 margin with a 1-2 finishe behind Arthur Caliz and James Jiang (5:33-5:37) in the 1600m. Bob Wu finished 2nd in the 110m HH and Kory Boyd and Terrance Long took first in the 400m with 59.7 and 1:02 efforts and came back with another 1-2 finish in the 100m in 12.9 and 13.9 in addition to the 200m in 26.7 and 27.0 with Timothy Chae sealing third in 28.01.. The 800m showed a late surge by Arth Patel to take a 2:30 victory with Christian Cortez in 3rd. Shrineel Patel (11:33) and James Jiang went 1-3 in the 3200m, while the boys also outdueld Glenn's varsity 4x400m in 4:22. In the shot, Keonee Pualino led a 1-2-3 effort in 34-9 with teammates Affi Janjua (32-10) and Jake Kim (30-7) and also in the discus with a 75-7 with teammates Adian Mukul (75-0) and Affi Janjua (74-6). The vault saw a 1-2-3 finish at 7' with Antonio, Richard, and Brian leading the sweep! IN the jumps, Jason Kim and Timothy Chae had a 1-2 sweep with 15-2.5, 35-1 and a 15-1.5, 31-1. Timothy also took the high jump at 4-10.

The boys varsity team started the day with a 1-3 finish in the 1600m behind Ganesh Tilve and Raymond Lim at 5:06 and 5:07 then followng that up with a 2-3 finish in the 400m with Jayson Thompkins (59.8) and Mark Aguirre (1:09). Jourdan Sanvictores and Jayson Thompkins took another 2-3 finish in 12.5 and 13.4 which preceded and important 1-2-3 sweep in the 800 at 2:20 with Joshua Suh, Tim Vongphanichith, and Raymond Lim. Michael Young and Devan Joseph went 1-3 in the 300H in 49.8 and 52.1, followed by a victory by Jourdan in the 200m.The 3200m sweep behind Joshua Quarles, Ganesh Tilve, and Andrew Shen sealed the deal for the Dons on the day along with a 4x400m victory in 3:59. The throws saw Branden Wilson and Brian King finishing well with 39-2 and 33-4 in the shot and 96-4 and 82-9 in the discus. Aaron Tran was a triple winner in the jumps (high, long and triple) with Brandon Hojo scoring in the triple jump in second. Isaac Kim, finished second in the vault with a 10-0.

The girls frosh-soph division was highlighted with victories from Moinque Gaviles (800, 1600), L. Rasgoo in the hurdles, Breanna Lopez in the 400m, Ngozi Nnoli (100, 200), Tiffany Su in the triple jumpand Melani Aguinaga in the vault. The 4x100m and 4x400m also were victorious!

The girls varsity team remained undefeated taking every event including the 4x100m. Individual winners including Athalia Magaña (1600), Murphy Chu (100H, LJ, TJ), Natalie Cortez (400), Joyce Nnoli (100, 200), Audrey Lee (800, 300H), Kathia Avila (3200), Isis Christopher (HJ), and Jennifer Calderon (vault). The girls will compete for the league title Thursday, April 19 at Mayfair High School.

Jumps Focus: Murphy Chu

Three Event 1st Place - John Glenn

Shelton Let's It Fly at Arcadia Invitational

Marina Shelton PRs at Arcadia

ARCADIA, CA - A championship environment filled the air as a qualifier only invitational hosted the best athletes from across the country in a highly selective process. Marina Shelton made the cut and did not disappoint in her efforts at the invitational.

In a championship feel, the butterflies caused some nervousness early, however, Marina was able to shed them away. On her third and final attempt in the first round, Marina threw for a PR of 115' 10" which catapulted her to second in her flight and eight overall. Her mark qualified her for the final round that evening.

In the final round, Marina had a 113' best, which was the fifth best overall in the final round. Great job Marina on your efforts at the Arcadia Invitational!

Beach Bonfire on Tuesday (4/10)! Sign up Today!

Cerritos Track & Field
cerritosxc.weebly.com/trackfield.html
pw: mustardb

JOIN OUR TEAM FACEBOOK PAGE!

Upcoming Schedule and Meets

TUE 4/10 - Beach Bonfire
Bolsa Chica State Beach
1pm - 9pm
Sign Up with Coach Watanabe

SAT 4/14 - LA County Championships
Arrange Own Ride to Meet
Warren High School (Downey)
Qualifiers Only

THU 4/19 - @ Mayfair, 2:45pm
Bus Departs at 1:30pm

SAT 4/21 - Mt. SAC Relays
Qualifiers Only

THU 4/26 - @ La Mirada, 2:45pm
Bus Departs at 1:30pm

TUE 5/1 - Suburban League Prelims
La Mirada High School
Qualifiers Only

FRI 5/4 - Suburban League Finals
La Mirada High School
Qualifiers Only

SAT 5/12 - CIF Preliminaries
Estancia High School
Varsity Qualifiers Only

USATF Junior Olympic Championships
May, June & July 2012
Ask Coach Watanabe for More Info!

Distance Focus: Joshua Quarles

Boys F/S 1600m AT - 4:47.25

A Carnival of PRs at Irvine

IRVINE, CA - The distance team found great success at the Irvine Distance Carnival this Saturday, as numerous athletes found their way to PRs as well as taking home a good amount of hardware including ten first place medals.

In the 800m races, Casey Takeda(2:22) and Christian Cortez (2:21) each ran to 4th place finishes with Arth Patel PRing in 2:18. Philip Ninh ran his way to a PR in 2:35 while Raymond Lim (2:06) and Tim Vongphanichith (2:08) combined for a 1-3 finish. Ian Chiang pulled out a late victory with a 2:01 PR, improving on his CHS #5AT mark and moving closer to the sub-2 mark. Megan Chu came out with a huge PR in 2:47 to win her heat, while Monique Gavilanes ran strong with a 2:45. Also in the 800, Athalia Magana led the open girls with a 2:30 to take 2nd, while Jennifer Park won her heat in 2:38. Isis Christopher ran a 2:33 for fourth, Audrey Lee a 2:36 and Natalie Cortez, a 2:50.

In the 400s, Jourdan Sanvictores finished in second with a 55.6, while Natalie Cortez took home third in 1:12, with Bryla Thompson in 1:13 and James Jiang in 1:01.

The heat rolled in for the 1600m runs but that did not stop the hoard of victories from Jennifer Park (5:59), Kathia Avila (5:31), Jmaes Jiang (5:24), Arth Patel (5:12) and Joshua Quarles who also set the Boys F/S 1600m record. Erika Resultay (6:11-5th), Natalie Cortez (6:38), Isis Christopher (6:10), Audrey Lee (6:11), Athalia Magana (5:57), Mike Tran (5:02-4th), Andrew Shen (5:09-5th), Ramond Lim (4:52-3rd), Isaac Kim (5:34-2nd), Shrineel Patel (5:03-2nd), Megan Chu (6:48), and Monique Gavilanes (6:15) all braved the heat of the day.

In the 3200m, Shrineel ran to a PR of 10:55 to win his heat with James Jiang in 11:53, near a PR. Jennifer Park (13:33), Ashley Juarez (13:40) and Andrew Shen (10:50) also competed in the 3200m.

Cross Country Corner 2012

Iolani Invitational Qualifying
3.0 GPA (Petition) - 3.5 GPA (Guarantee)
Attitude, Citizenship & Attendance
Cross Country & Track & Field
Mammoth Camp
Volunteering (10 hours)
Fundriasing ($300)

800m	2:40 (+5)	2:12 (+3)
1600m	6:00 (+5)	5:05 (+5)
3200m	13:10 (+20)	10:50 (+15)
1.5miXC	10:30 (+10)	9:15 (+10)
2miXC	13:40 (+15)	11:20 (+10)
3miXC	21:20 (+15)	17:20 (+15)
5kXC	22:00 (+15)	17:50 (+15)

Qualifiers must provide a $300 deposit by June 1 in order to be saved a seat on the flight booking. Athletes who reserve after this date may not be able to attend due to availability or may have to pay a higher price.

Qualifiers Times & Invitation List
Arthur Caliz (3XC)
Connie Caliz (8, 16, 2XC, 3XC)
Isis Christopher (8)
Monique Gavilanes (8, 3XC)
Jessica Kim (2XC, 3XC)
Raymond Lim (8, 16, 2XC)
Alyssa Movchan - (16, 3XCB)
Jennifer Park (8, 16, 32, 2XC, 3XC)
Arth Patel (8)
Shrineel Patel (3XC)
Joshua Quarles (16, 32, 2XC, 3XC)
Ganesh Tilve (16, 32, 2XC, 3XC)

Current Track - Bubble Athletes
Benjamin Batres (3XCB)
Mitchell Lin - (3XCB)
Keilani Trias - (3XCB)

Mammoth Camp
August 5-11, 2012

Sign ups for Mammoth have now begun! Athletes who pay in full by this week will receive a discounted price of $450 (extended until April 16)! Athletes who register after this day will be subject to a higher cost. Sign up forms available online on the cross country website! Sign up today!

A special thanks to our Platinum Sponsor!! Thanks for all of your support!

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TRACK & FIELD

Spring Break BONFIRE

April 10, 2012

Bolsa Chica State Beach
1pm - 9pm

91 West - 605 South - 405 South
(Go Towards 22E-FWY Entrance) 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
(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!!