http://cerritosxc.weebly.com

CERRITOS CROSS COUNTRY

THE INSIDER

July 20, 2015
Volume XIII Issue 3

Building Momentum in the Summer

¤ THE DONS SLOWLY ARE ADDING PIECES TO THE PUZZLE AS A COMBINATION OF OLD AND NEW ATHLETES ARE FORMING A FORMIDABLE TEAM.

CERRITOS,CA - The time trial is always a good measure of where athletes are starting at the beginning of the season and a number of new names moved up the lists. The alumni men were able to hold off the seniors who were just one point in front of the seniors. The senior girls locked into a tie with the sophomore girls who fell just short on a tie breaker.

Alumni Andrew Shen led the way through the course in the third fastest mark in the time trials despite being misdirected on the course midway through the race. It was a tight pack up front that include Coach Gohata who finished in second and Bill Chuang, who set the junior record in 10:55 and just missed the AT athlete mark by one second. Jaineel Patel led the sophomores as the second athlete while Derick Kwon led the seniors in third.

Amanda Atilano and Catherine Lin led a 1-2 combination that helped the seniors hold off a much improved sophomore class. Led by Brianna Katsuda (3AT - 10th), the sophomores nearly edged the seniors with newcomers Genevive Le and Amita Muralidharan. The juniors were led by the fourth overall girl, Gina Huh.

The Dons also had a full week full of extra practices and of course some fun games, including capture the flag and the scavenger hunt. It was Bill Chuang's team who finished first, but Catherine Lin's team was able to submit all their pictures and videos first. In capture the flag, it was the sneaky tactics of the orange team who were able to gain the advantage and also the victory.

The Dons also traveled to Fullerton, where they ran across the hills of Castlewood Trail. They also ventured to Huntington Beach to conquer the hill at Central Park and finished the week off strong with repeats at Glavinich Hill, avoiding the oncoming storm which threatened to cancel the practice altogether. It was a great week at the start of the season and definitely provided some momentum.

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 for Mammoth will be open until Friday (7/24). Also, Mammoth paperwork is due NO LATER THAN July 24! Parents interested in driving, as well as all other counselors, must submit their paperwork ASAP and no later than July 24!

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. If you wish to have a receipt for your payments and donations, please remember to download and fill out the form located at: http://cerritosxc.weebly.com/uploads/3/1/4/9/3149868/receiptform.pdf.

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.

Upcoming Events

TODAY	Stamped Blue Card
ASAP	Mammoth Paperwork Sign Ups Due
07/21	Irvine Tempo, 4:45p
07/22 or 29	CXC Bowling, 1:30 (Tent)
07/23	La Mirada, 4:45p
07/26	NO SAT PRACTICE
07/30	Gahr Two Mile #1, 6p Please arrive by 4:45p
08/02	Mammoth

Highlights

Summer Athletes of the Week

Bill Chuang
Patricia Gomez
Michael Gonzales
Brianna Katusda
Derick Kwon
Genevieve Le
Michael Thomson
Jeff Xu

Freeze Frames

Quotable Corner

"Without continual growth and progress, such words as improvement, achievement, ad success have no meaning."

- Benjamin Franklin

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 2-8, 2015 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 Friday (7/24). Waiting list athletes must submit all paperwork and payments to reserve their spots and will be refunded if there is no room.

Oregon Athletes

Athletes who have qualified for the Oregon Three Course Challenge 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. The athletes should begin fundraising their portion of the fee, which is $100, with the final payment being an additional $150 (approximately). Please RSVP by sending an application and payment in cash or money order by July 24. Athletes petitions for Mammoth that are approved will be subject to an addition $150.

Cross Country 2014-2015

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
7/21 - Irvine Tempo, 4:45pm
7/22 or 29 - Team Bowling, 1:30pm
7/23 - Central Park, 4:45pm
7/24 - Mammoth Registration Deadline!

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. Some weeks may have cancelled workouts.

Gahr Two Mile Series
The Dons will compete in two Gahr Two Mile Series this season with the first one being on Thurdsay, July 30th. 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
V. Fundraising ($300)
VI. Community Service/Volunteer (10 hours)

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

Qualifiers (By Marks)
Karenina Alfaro [ACCEPTED]
Aaron Alvarado [ACCEPTED]
Mario Amaro
JiWoo Choi [PENDING PETITION]
Marie Chu
Bill Chuang [ACCEPTED]
Nathan Edwards
Wesley Furukido
Aldy Hong
Derek Huang [ACCEPTED]
Gina Huh [PENDING PETITION]
Brianna Katsuda [ACCEPTED]
Kayla Katsuda
Christie Kim [PENDING PETITION]
Derick Kwon [ACCEPTED]
Genevieve Le
Eunice Lee [PENDING PETITION]
Sarah Liang
Catherine Lin [ACCEPTED]
Amita Muralidharan
Erika Navarro [ACCEPTED]
Melissa Oshiro
Jaineel Patel [ACCEPTED]
George Sandoval
Nicholas Tai [ACCEPTED]
Eric Tran
Nathan Tran
Bella Vasquez
Elino Villegas
Cailey Vitug
Allice Yang [PENDING PETITION]
Derrick Yang [PENDING PETITION]
Alex Yao

Qualifiers (Non-Attendees)
Marina Castellanos
Patrick Dang
Paul Lee

Additional special invitations will be provided no later than July 27 based on a number of factors including performance during the summer. Dedication to the program in previous years is a key element to receive a special invitation.

Cerritos Cross Country Clothing
We still be having a cross country clothing sale. Different designs, as well as the old bargain bins will be open for business starting NEXT week! Keep your ears open for announcements regarding these sales. (July 27)

MAMMOTH THEMES

Mammoth camp themes will be distributed this week week! The potential themes for the condos this year include:

Country/Jazz/Reggae
Hip Hop/R&P/Pop/Rap
Alternative/Rock
Electronic/House/EDC/Classical
International & Soundtracks

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 "GET INVOLVED"

THE COLUMN: GET INVOLVED

What is the best way to improve and make the team better?

As strange as it may sound to some people, the best way to improve your performance, is simply to get involved. "What do you mean?" you may ask. Well, the more involved and invested you are into a program, the harder you tend to work, thus getting involved early and often, will often lead to success.

Obviously, you cannot simply attend all the fun activities and go through the motions on practice days expecting to make improvements and the team environment better, however, you will find that the more involved you get, including attending afternoon and Saturday practices, the more fun you have and the harder you are willing to work. You'll end up spending more time within the sport and with the team, which will lead to a stronger unified team, as well as better performances as a whole.

The more time you spend in the sport, the more improvement you'll see, as you will be willing to work harder for those around you. Let's say you attend one of our team bonding events such as bowling, by spending time with your teammates, you'll get to know them better, enjoy practices more and looking forward to coming, rather than simply dreading it. The positive mental changes will often alter your performances at practices for the better.

Want to improve faster and get to know the team? Come to an afternoon or Saturday workout! The extra practices will not only improve your performances because of the increase in training difficulty, it will also allow you more time to spend with your teammates and you'll even have the option to go grab a bite to eat with them after the workout. Again, the more time you spend around them, often, the harder you are willing to work.

Finding that training parter also becomes more possible when you attend more practices and more events. You may eventually find that one person who runs at your speed, as you will be pushing to keep up with a friend. While we want you to have a good solid training partner, however, keep in mind that you should not be slowing down simply to run with them. Try finding someone who is about the same speed as you who can challenge you but also allow you to run comfortably!

Want to improve? Get involved whether it be going to the weight room, extra practices, or more events that the team may hold. The best part of this program are the events that we hold, so don't miss out on all the fun and excitement. Don't forget to bring a friend out too!

Website Information
www.cerritosxc.com
cerritos
mustardb

			TT15	AVE	CONV	TT14	+/-	TT13	TT12	TT11
F	Atilano, Amanda	12	13:46	6:53	20:39	13:26	0:20		16:55	
F	Katsuda, Brianna	10	13:50	6:55	20:45	15:32	1:42			
F	Lin, Catherine	12	13:58	6:59	20:57	14:06	0:08	14:25		
F	Movchan, Alyssa	AL	15:22	7:41	23:03					
F	Huh, Gina	11	15:25	7:42	23:07	17:49	2:24			
F	Le, Genevieve	10	15:27	7:43	23:10					
F	Lee, Eunice	11	15:28	7:44	23:12					
F	Kim, Christie	11	15:36	7:48	23:24	17:48	2:12			
F	Muralidharan, Amita	10	15:38	7:49	23:27					
F	Oshiro, Melissa	10	16:14	8:07	0:21	14:51	1:23	17:03		
F	Yang, Allice	10	16:38	8:19	0:57	17:49	1:11			
F	Gomez, Patricia	9	16:38	8:19	0:57					
F	Navarro, Erika	11	17:11	8:35	1:46	17:22	0:11	20:52		
F	Liang, Sarah	12	17:24	8:42	2:06					
F	Mancilla, Natalie	AL	17:28	8:44	2:12	16:27				
F	Lopez, Breana	AL	17:30	8:45	2:15					
F	Park, Robin	10	17:30	8:45	2:15					
F	Kuo, Yvonne	9	17:50	8:55	2:45					
F	Hulett, Victoria	AL	17:55	8:57	2:52	18:33	0:38	17:55	16:42	16:40
F	Patel, Ami	9	18:06	9:03	3:09					
F	Milen, Gyanna	10	19:50	9:55	5:45	20:25	0:35			
F	Esipritu-Santo, Kimberly	10	20:05	10:02	6:07					
F	Macatuno, Peighton	10	21:01	10:30	7:31					
F	Ruelas, Jeanette	12	21:53	10:56	8:49					
F	Cruz, Christina	10	21:58	10:59	8:57					
M	Shen, Andrew	AL	10:44	5:22	16:06	10:57	0:13			
M	Gohata, Damon	C	10:50	5:25	16:15	12:28	1:38	11:41	11:53	12:01
M	Chuang, Bill	11	10:55	5:27	16:22	11:00	0:05	11:44		
M	Patel, Jaineel	10	11:53	5:56	17:49					
M	Kwon, Derick	11	12:00			12:13				
M	Caliz, Arthur	AL	12:12	6:06	18:18	11:52	0:20	11:33	12:02	11:53
M	Gonzales, Michael	12	12:31	6:15	18:46					
M	Patel, Shrineel	AL	12:33	6:16	18:49					
M	Ramos, Emmanuel	11	12:36	6:18	18:54					
M	Amaro, Mario	10	12:38	6:19	18:57					
M	Tai, Nicholas	10	12:52	6:26	19:18	13:21	0:29		14:20	
M	Yang, Derrick	11	13:07	6:33	19:40					
M	Edward, Nathan	12	13:09	6:34	19:43					
M	Thomson, Michael	12	13:13	6:36	19:49					
M	Xu, Jeff	10	13:45	6:52	20:37					
M	Yao, Alex	9	13:47	6:53	20:40	13:11	0:36	13:50		
M	Huang, Derek	9	13:49	6:54	20:43	13:58	0:09	15:36		
M	Quarles, Jacob	12	13:52	6:56	20:48			13:17		
M	Patel, Vraj	10	13:53	6:56	20:49					
M	Hoang, Anthony	9	13:54	6:57	20:51	13:50	0:04			
M	Hong, Aldy	11	14:12	7:06	21:18	14:16	0:04			
M	Luciano, Meynard	9	14:12	7:06	21:18	15:53	1:41			
M	Wang, Jeffrey	10	14:16	7:08	21:24					
M	Sandoval, George	10	14:17	7:08	21:25	15:12	0:55	14:07	15:24	
M	Skube, Luc	9	14:18	7:09	21:27	15:32	1:14			
M	Luu, Raymond	11	15:02	7:31	22:33					
M	Miranda, Justin	9	15:07	7:33	22:40					
M	Xu, Ethan	9	15:07	7:33	22:40					
M	Villegas, Elino	11	15:18	7:39	22:57	15:34	0:16			
M	Soh, Min Woo	12	15:32	7:46	23:18					
M	Tran, Eric	11	15:38	7:49	23:27	14:34	1:04	15:02		
M	Chavez, Isaiah	10	15:39	7:49	23:28					
M	Alba, Francis	10	15:40	7:50	23:30					
M	Alba, Chandler	10	15:43	7:51	23:34					
M	Lin, Alex	10	15:49	7:54	23:43					

			TT15	AVE	CONV	TT14	+/-	TT13	TT12	TT11
M	Yamachika, Ryan	9	16:14	8:07	0:21					
M	Sok, Kimse	10	16:37	8:18	0:55	17:44	1:07			
M	Samortin, Matthew	9	16:37	8:18	0:55					
M	Luu, Christopher	9	20:37	10:18	6:55					
M	Ko, JJ	11	23:42	11:51	11:33					

	Girls Varsity	TT11	CONV	TT12	CONV	TT13	CONV	TT14	CONV	TT15	CONV	DIFF
1	Atilano, Amanda	13:05	19:37	13:32	20:18	14:25	21:37	12:20	18:30	13:46	20:39	2:09
2	Katsuda, Brianna	13:21	20:01	14:21	21:31	14:30	21:45	13:25	20:07	13:50	20:45	0:37
3	Lin, Catherine	13:59	20:58	14:44	22:06	14:31	21:46	13:52	20:48	13:58	20:57	0:09
4	Huh, Gina	14:13	21:19	15:24	23:06	16:22	0:33	14:06	21:09	15:25	23:07	1:58
5	Le, Geneviev	14:14	21:21	15:27	23:10	16:36	0:54	14:51	22:16	15:27	23:10	0:54
6	Lee, Eunice	14:30	21:45	15:27	23:10	16:36	0:54	15:19	22:58	15:28	23:12	0:13
7	Kim, Christie	15:01	22:31	16:05	0:07	16:43	1:04	15:29	23:13	15:36	23:24	0:10
			103:16		110:11		114:35		102:50		108:38	5:48

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

	Boys Varsity	TT11	CONV	TT12	CONV	TT13	CONV	TT14	CONV	TT15	CONV	DIFF
1	Chuang, Bill	11:15	16:52	11:04	16:36	11:02	16:33	11:00	16:30	10:55	16:22	0:07
2	Patel, Jaineel	11:26	17:09	11:17	16:55	11:03	16:34	11:23	17:04	11:53	17:49	0:45
3	Kwon, Derick	11:30	17:15	11:36	17:24	11:18	16:57	11:58	17:57	12:00	18:00	0:03
4	Gonzales, Micha	11:40	17:30	11:39	17:28	11:33	17:19	12:13	18:19	12:31	18:46	0:27
5	Ramos, Emman	11:48	17:42	12:02	18:03	11:37	17:25	12:19	18:28	12:36	18:54	0:25
6	Amaro, Mario	11:53	17:49	12:08	18:12	11:43	17:34	12:29	18:43	12:38	18:57	0:13
7	Tai, Nicholas	11:58	17:57	12:21	18:31	11:44	17:36	12:51	19:16	12:52	19:18	0:01
			86:28		86:26		84:48		88:18		89:51	1:33

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

			AT	ATG	TTAT	TTATG
Boys Freshman	1st	Luc Skube				
	2nd	Justin Miranda				
	3rd	Ethan Xu				
Girls Freshmen	1st	Patricia Gomez				
	2nd	Yvonne Kuo				
	3rd	Ami Patel				
Boys Sophomores	1st	Jaineel Patel				10
	2nd	Mario Amaro				
	3rd	Jeff Xu				
Girls Sophomores	1st	Brianna Katsuda				3
	2nd	Genevieve Le				
	3rd	Amita Muralidharan				
Boys Juniors	1st	Bill Chuang	11	5	2	1
	2nd	Emmanuel Ramos				
	3rd	Derrick Yang				
Girls Juniors	1st	Gina Huh				
	2nd	Eunice Lee				
	3rd	Christie Kim				
Boys Seniors	1st	Derick Kwon				
	2nd	Michael Gonzales				
	3rd	Nicholas Tai				
Girls Seniors	1st	Amanda Atilano				7
	2nd	Catherien Lin				10
	3rd	Erika Navarro				
Boys Alumni	1st	Andrew Shen	13	5	3	2
	2nd	Arthur Caliz				
	3rd	Shrineel Patel				
Girls Alumni	1st	Alyssa Movchan				10
	2nd	Natalie Mancilla				
	3rd	Breana Lopez				
Male Coaches	1st	Damon Gohata		8	5	
	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 2013

			TT15	AVE	CONV	TT14	+/-
F	Katsuda, Brianna	10	13:50	6:55	20:45	15:32	1:42
F	Lin, Catherine	12	13:58	6:59	20:57	14:06	0:08
F	Huh, Gina	11	15:25	7:42	23:07	17:49	2:24
F	Kim, Christie	11	15:36	7:48	23:24	17:48	2:12
F	Yang, Allice	10	16:38	8:19	0:57	17:49	1:11
F	Navarro, Erika	11	17:11	8:35	1:46	17:22	0:11
F	Hulett, Victoria	AL	17:55	8:57	2:52	18:33	0:38
F	Milen, Gyanna	10	19:50	9:55	5:45	20:25	0:35
M	Shen, Andrew	AL	10:44	5:22	16:06	10:57	0:13
M	Gohata, Damon	C	10:50	5:25	16:15	12:28	1:38
M	Chuang, Bill	11	10:55	5:27	16:22	11:00	0:05
M	Huang, Derek	9	13:49	6:54	20:43	13:58	0:09
M	Hong, Aldy	11	14:12	7:06	21:18	14:16	0:04
M	Luciano, Meynard	9	14:12	7:06	21:18	15:53	1:41
M	Sandoval, George	10	14:17	7:08	21:25	15:12	0:55
M	Skube, Luc	9	14:18	7:09	21:27	15:32	1:14
M	Villegas, Elino	11	15:18	7:39	22:57	15:34	0:16
M	Sok, Kimse	10	16:37	8:18	0:55	17:44	1:07
M	Kwon, Derick	11	12:00			12:13	0:13
M	Tai, Nicholas	10	12:52	6:26	19:18	13:21	0:29

Team - Boys						
Alumni/Coaches	9	1	2	6	8	
Seniors	23	5	7	11	13	14
Juniors	24	3	9	12	16	17
Sophomores	29	4	10	15	18	19
Freshmen	63	20	21	22	23	24

Team - Girls						
Seniors	17	1	3	13	14	23
Sophomores	17	2	6	9	17	22
Juniors	20	5	7	8	10	11
Alumni/Coaches	35	4	15	16	19	
Freshmen	50	12	18	20	21	

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	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		M	To, Thien Nam	AL			10:28	Cerritos Two Mile	7/14/11
	3		M	Shen, Andrew	AL			10:44	Cerritos Two Mile (N14)	7/16/15
	4	1	M	Torres, Omar	CO			10:47	Cerritos Two Mile (N14)	7/9/14
	5		M	Gohata, Damon	CO			10:50	Cerritos Two Mile (N14)	7/16/15
	6	2	M	To, Thien Nam	12			10:54	Cerritos Two Mile	7/10/08
	7	3	M	Chuang, Bill	11			10:55	Cerritos Two Mile (N14)	7/16/15
	8		M	Shen, Andrew	AL			10:57	Cerritos Two Mile	7/9/14
	9	4	M	Chuang, Bill	10			11:00	Cerritos Two Mile (N14)	7/9/14
	10	5	M	Carranza, Jonathan	12			11:02	Cerritos Two Mile	7/11/13
	11	6	M	Quarles, Joshua	12			11:03	Cerritos Two Mile	7/11/13
	12	7	M	Quarles, Joshua	11			11:04	Cerritos Two Mile	7/12/12
	13		M	Mali, Milan	CO			11:05	Cerritos Two Mile	7/10/08
	14	8	M	Tilve, Ganesh	10			11:09	Cerritos Two Mile	7/9/10
	15	9	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
		10	M	Tilve, Ganesh	11			11:15	Cerritos Two Mile	7/14/11
			M	Horng, Wesley	AL			11:15	Cerritos Two Mile	7/9/09
		11	M	Joo, Ryan	11			11:16	Cerritos Two Mile	7/10/08
		12	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
		13	M	Tilve, Ganesh	12			11:17	Cerritos Two Mile	7/12/12
		14	M	Lee, Frank	12			11:18	Cerritos Two Mile	7/11/13
		15	M	Cortez, Christian	12			11:23	Cerritos Two Mile	7/9/14

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	Machado, Michelle	9		7:22	14:44	Cerritos Two Mile	7/5/2007
	4	F	Seong, Clara	9		7:28	14:56	Cerritos Two Mile	7/5/2007
	5	F	Kim, Caroline	9			15:01	Cerritos Two Mile	6/25/2004
	6	F	Boey, Jasmine	9		7:37	15:15	Cerritos Two Mile	7/5/2007
	7	F	Katsuda, Brianna	9			15:32	Cerritos Two Mile (N14)	7/9/14
	8	F	Kuan, Stephanie	9			15:52	Cerritos Two Mile	6/25/2004
	9	F	Pleasant, Moriah	9			15:52	Cerritos Two Mile	7/9/10
	10	F	Chang-Liao, Margaret	9			15:54	Cerritos Two Mile	6/25/2004
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	Lee, Audrey	10			14:20	Cerritos Two Mile	7/9/09
	10	F	Kim, Caroline	10			14:24	Cerritos Two Mile	6/24/2005
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	Lim, Melody	11			13:41	Cerritos Two Mile	7/10/08
	7	F	Cooper, Kimmy	11			13:45	Cerritos Two Mile	6/24/2005
	8	F	Lee, Audrey	11			13:56	Cerritos Two Mile	7/9/10
	9	F	Chern, Melody	11		6:59	13:58	Cerritos Two Mile	7/5/2007
	10	F	Tai, Gina	11			14:01	Cerritos Two Mile	7/9/09
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	Lin, Catherine	12			13:58	Cerritos Two Mile (N14)	7/16/15
	10	F	Magaña, Athalia	12			13:59	Cerritos Two Mile	7/14/11
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	Shen, Michelle	AL			14:48	Cerritos Two Mile	7/9/09
	6	F	Alarid, Christina	AL			14:56	Cerritos Two Mile	7/9/10
	7	F	Chien, Connie	AL			15:02	Cerritos Two Mile	7/10/08
	8	F	Kim, Caroline	AL			15:11	Cerritos Two Mile	7/10/08
	9	F	Resultay, Erika	AL			15:19	Cerritos Two Mile	7/11/13
	10	F	Movchan, Alyssa	AL			15:22	Cerritos Two Mile (N14)	7/16/15

Time Trial Top 10 by Grade - Boys

		G	Name	G	1st	2nd	Total	Course	Date
Top 10 Fresmen Boys	1	M	Chuang, Bill	9			11:44	Cerritos Two Mile	7/11/13
	2	M	Quarles, Josh	9			11:54	Cerritos Two Mile	7/9/10
	3	M	Tilve, Ganesh	9			11:57	Cerritos Two Mile	7/9/09
	4	M	Lee, Frank	9			12:12	Cerritos Two Mile	7/9/10
	5	M	Caliz, Arthur	9			12:29	Cerritos Two Mile	7/9/10
	6	M	Kabir, Yunus	9			12:31	Cerritos Two Mile	7/14/11
	7	M	Morales, Christian	9			12:42	Cerritos Two Mile	7/12/12
	8	M	Kim, Andrew	9			12:45	Cerritos Two Mile	7/14/11
	9	M	Kim, Douglas	9		6:26	12:53	Cerritos Two Mile	7/5/2007
	10	M	Kim, Justin	9			13:10	Cerritos Two Mile	7/9/10
Top 10 Sophomore Boys	1	M	Chuang, Bill	10			11:00	Cerritos Two Mile (N14)	7/9/14
	2	M	Tilve, Ganesh	10			11:09	Cerritos Two Mile	7/9/10
	3	M	Quarles, Josh	10			11:26	Cerritos Two Mile	7/14/11
	4	M	Kim, Douglas	10			11:27	Cerritos Two Mile	7/10/08
	5	M	Juarez, Ivan	10		5:47	11:34	Cerritos Two Mile	7/5/2007
	6	M	Nagayama, Evan	10			11:47	Cerritos Two Mile	6/24/2005
	7	M	Joo, Ryan	10		5:53	11:47	Cerritos Two Mile	7/5/2007
	8	M	Patel, Shrineel	10			11:48	Cerritos Two Mile	7/14/2011
	9	M	Soon, Jemerald (JJ)	10			11:53	Cerritos Two Mile	6/24/2005
	10		Caliz, Arthur	10			11:53	Cerritos Two Mile	7/14/2011
	10	M	Patel, Jaineel	10			11:53	Cerritos Two Mile (N14)	7/16/15
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	Poblete, Ryan	11			11:25	Cerritos Two Mile	7/10/08
	7	M	Moreno, Fabian	11			11:26	Cerritos Two Mile	7/10/08
	8	M	Markalay, Bryan	11			11:30	Cerritos Two Mile	7/6/2007
	9	M	Juarez, Ivan	11			11:31	Cerritos Two Mile	7/10/08
	10	M	To, Thien Nam	11		5:46	11:32	Cerritos Two Mile	7/5/2007
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	Juarez, Ivan	12			11:10	Cerritos Two Mile	7/9/09
	5	M	Soon, Jemerald (JJ)	12		5:38	11:17	Cerritos Two Mile	7/5/2007
	6	M	Tilve, Ganesh	12			11:17	Cerritos Two Mile	7/12/12
	7	M	Lee, Frank	12			11:18	Cerritos Two Mile	7/11/13
	8	M	Cortez, Christian	12			11:23	Cerritos Two Mile (N14)	7/9/2014
	9	M	Chiang, Ian	12			11:30	Cerritos Two Mile	7/14/2011
	10	M	Nagayama, Evan	12			11:32	Cerritos Two Mile	7/6/2007
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

Cerritos Time Trial - 7/12/2013
Cerritos High School
Last Completed Event

Event 1 Mixed 2 Mile Run CC

	Name	Year	School	Finals	Points
Results - Women					
1	Atilano, Amanda	W12	Senior Girls	13:46.00	1
2	Katsuda, Brianna	W10	Sophomore Girls	13:50.00	2
3	Lin, Catherine	W12	Senior Girls	13:58.00	3
4	Movchan, Alyssa	W	Adult Female	15:22.00	4
5	Huh, Gina	W11	Junior Girls	15:25.00	5
6	Le, Genevieve	W10	Sophomore Girls	15:27.00	6
7	Lee, Eunice	W11	Junior Girls	15:28.00	7
8	Kim, Christie	W11	Junior Girls	15:36.00	8
9	Muralidharan, Amita	W10	Sophomore Girls	15:38.00	9
10	Oshiro, Melissa	W11	Junior Girls	16:14.00	10
11	Yang, Allice	W11	Junior Girls	16:38.00	11
12	Gomez, Patricia	W9	Frosh Girls	16:38.00	12
13	Navarro, Erika	W12	Senior Girls	17:11.00	13
14	Liang, Sarah	W12	Senior Girls	17:24.00	14
15	Mancilla, Natalie	W	Adult Female	17:28.00	15
16	Lopez, Breana	W	Adult Female	17:30.00	16
17	Park, Robin	W10	Sophomore Girls	17:30.00	17
18	Kuo, Yvonne	W9	Frosh Girls	17:50.00	18
19	Hulett, Victoria	W	Adult Female	17:55.00	19
20	Carrillo, Tiphanie	W9	Frosh Girls	18:02.00	20
21	Patel, Ami	W9	Frosh Girls	18:06.00	21
22	Mien, Gyanna	W11	Junior Girls	19:50.00	
23	Zaman, Jocelyn	W10	Sophomore Girls	19:50.00	22
24	Espiritu-Santo, Kimberly	W10	Sophomore Girls	20:05.00	
25	Macatuno, Peighton	W10	Sophomore Girls	21:01.00	
26	Ruelas, Jeanette	W12	Senior Girls	21:53.00	23
27	Cruz, Christina	W10	Sophomore Girls	21:58.00	
Results - Men					
1	Shen, Andrew	M	Adult Male	10:44.00	1
2	Gohata, Damon	M	Adult Male	10:50.00	2
3	Chuang, Bill	M11	Junior Boys	10:55.00	3
4	Patel, Jaineel	M10	Sophomore Boys	11:53.00	4
5	Kwon, Derick	M12	Senior Boys	12:00.00	5
6	Caliz, Arthur	M	Adult Male	12:12.00	6
7	Gonzales, Michael	M12	Senior Boys	12:31.00	7
8	Patel, Shrineel	M	Adult Male	12:33.00	8
9	Ramos, Emmanuel	M11	Junior Boys	12:36.00	9
10	Amaro, Mario	M	Sophomore Boys	12:38.00	10
11	Tai, Nicholas	M12	Senior Boys	12:52.00	11
12	Yang, Derrick	M11	Junior Boys	13:07.00	12
13	Edwards, Nathan	M12	Senior Boys	13:09.00	13
14	Thomson, Austin (Michael	M12	Senior Boys	13:13.00	14
15	Xu, Jeff	M10	Sophomore Boys	13:45.00	15
16	Yao, Alex	M11	Junior Boys	13:47.00	16
17	Huang, Derek	M11	Junior Boys	13:49.00	17
18	Quarles, Jacob	M12	Senior Boys	13:52.00	
19	Patel, Vraj	M10	Sophomore Boys	13:53.00	18
20	Hoang, Anthony	M10	Sophomore Boys	13:54.00	19
21	Luciano, Jr., Meynard	M10	Sophomore Boys	14:12.00	
22	Hong, Aldy	M12	Senior Boys	14:15.00	

23	Wang, Jeffrey	M10	Sophomore Boys	14:16.00	
24	Sandoval, George	M12	Senior Boys	14:17.00	
25	Skube, Luc	M9	Frosh Boys	14:18.00	20
26	Luu, Raymond	M11	Junior Boys	15:02.00	
27	Miranda, Justin	M9	Frosh Boys	15:07.00	21
28	Xu, Ethan	M9	Frosh Boys	15:07.00	22
29	Villegas, Elino	M12	Senior Boys	15:18.00	
30	Soh, Min Woo	M12	Senior Boys	15:32.00	
31	Tran, Eric	M12	Senior Boys	15:38.00	
32	Chavez, Isaiah	M10	Sophomore Boys	15:39.00	
33	Alba, Francis	M10	Sophomore Boys	15:40.00	
34	Alba, Chandler	M10	Sophomore Boys	15:43.00	
35	Lin, Alex	M10	Sophomore Boys	15:49.00	
36	Yamachika, Ryan	M9	Frosh Boys	16:14.00	23
37	Samortin, Matthew	M9	Frosh Boys	16:37.00	24
38	Sok, Kimse	M11	Junior Boys	16:37.00	
39	Luu, Christopher	M9	Frosh Boys	20:37.00	
40	Ko, Jonathan	M11	Junior Boys	23:42.00	

Team Scores

Rank	Team	Total	1	2	3	*4	*5	*6	*7	*8	*9
Results - Men											
1	Adult Male	9	1	2	6	8					
	Total Time: 33:46.00										
	Average: 11:15.34										
2	Senior Boys	23	5	7	11	13	14				
	Total Time: 37:23.00										
	Average: 12:27.67										
3	Junior Boys	24	3	9	12	16	17				
	Total Time: 36:38.00										
	Average: 12:12.67										
4	Sophomore Boys	29	4	10	15	18	19				
	Total Time: 38:16.00										
	Average: 12:45.34										
5	Frosh Boys	63	20	21	22	23	24				
	Total Time: 44:32.00										
	Average: 14:50.67										
Results - Women											
1	Senior Girls	17	1	3	13	14	23				
	Total Time: 44:55.00										
	Average: 14:58.34										
2	Sophomore Girls	17	2	6	9	17	22				
	Total Time: 44:55.00										
	Average: 14:58.34										
3	Junior Girls	20	5	7	8	10	11				
	Total Time: 46:29.00										
	Average: 15:29.67										
4	Adult Female	35	4	15	16	19					
	Total Time: 50:20.00										
	Average: 16:46.67										
5	Frosh Girls	50	12	18	20	21					
	Total Time: 52:30.00										
	Average: 17:30.00										