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CERRITOS CROSS COUNTRY

THE INSIDER

September 14, 2015
Volume XIII Issue 11

Dons Run Into the Heat & Darkness

¤ IN A WEEK FULL OF CANCELATIONS, THE DONS DEAL WITH A HEATWAVE AND THEN A POWER OUTAGE AS THE SEASON GETS OFF TO A ROUGH START.

ROSEMEAD, CA - Bill Chuang ran through the mile in 4:52 but missed a lights out performance because the lights went out, as did the rest of the junior boys and the entire senior class.

A nearby transformer blew out which led to challenging running conditions forcing the junior boys to slow down for the last two miles of their race. Regardless, the Dons battled through the obstacles and the disappointments for 26 new season PRs, 27 improvements from last week, and 16 improvements from last year's meet.

The freshmen girls were first on the course led by Claire Lee who ran to the #8CHS 9th grade mark on the course as she shaved off 32 seconds from her PR. Her teammate Alyxe Tamaki also saw an improvement of 47 seconds. The freshman boys finished strong behind Justin Miranda's #9CHS 9th mark of 20:29 with newcomer Aaron Fu as the second man for the Dons.

The sophomore girls looked strong as Brianna Katsuda ran her way into the top 20 and #3AT in CHS history on the course. Laura Sato, Marie Chu, and Kristi Yamachika made a nice pack to keep the girls in seventh place with Tiffany Lee (1:06) and Sarah M. Lee (0:45) making nice improvements. The sophomore boys looked strong behind Jaineel Patel (16:05) #5AT and Mario Amaro and Vraj Patel close bhind with Johnny Gardner making a 5:06 improvement.

The junior girls finished in sixth place with anice pack led by Melissa Oshiro (21:54) and Cailey Vitug (22:03) who are #6 and #7 on the junior girls list. Melissa shaved off 1:04 for the season with Akanksha Sancheti dropping her time by 52 seconds. The junior boys looked strong however, the usually lit park, went dark at about a mile into the race. Bill Chuang hung on for 13th place with the #2CHS mark of 15:47. Alex Yao, Emmanuel Ramos, and Ji Woo Choi made a strong pack behind him. It wsa Siddharth Somasundaram who shaved off the most time from last week with his 1:42 improvement.

Oregon Three Course Challenge

Athletes who are attending the Oregon Three Course Challenge will meet on Monday at the start of practice. Please note that you must turn in your forms by Monday! Please also collect your homework from your teachers by Wednesday.

Remember that you are allowed ONE carry on and ONE personal item such as a sleeping bag, backpack, etc. We will not be checking a bag UNLESS you are willing to pay the $25 checked bag fee EACH WAY. All liquids must be packed in a labeled bag that will be placed in a bag that we will check (TEAM LIQUID BAG CHECK).

All non-Oregon athletes will practice on THURSDAY but will have Friday on their own.

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.

New Athletes & Adoptions

If you know of anyone who is still interested in joining, they must complete the athletic packet and get it stamped before they are allowed to practice. Please help them complete their packets. They should also complete a sign up packet, which is available from Coach Watanabe. They will have until Tuesday to get their STAMPED BLUE CARD turn in. LAST CALL / EXTENSION.

Any new athletes that come out and any athlete not yet adopted may be adopted by e-mailing Coach Watanabe. In order to adopt, you must consistenly be at practices, as athletes should have an adopter who is also showing up to practices. Please view the adoption sheet online ASAP! Don't miss out on building your branch of the family tree!

Upcoming Events

TODAY	Stamped Blue Card
09/14	Pieology
09/15	ABC District Champ Release 1p, Depart 1:15p
09/17-20	Oregon Depart 7:30a (Bloomfield)
09/26	Clothing Order Deadline
09/25	Potluck at the Chu's!
09/26	Bill York Invitational Riverside, CA
10/6	Picture Day

Highlights

Athletes of the Meet
Johnny Gardner, Allyson Hayakawa
Meynard Luciano, Melissa Oshiro
Jaineel Patel, Alyxe Tamaki

Honorable Mentions
Aaron Fu, Christopher Luu
Justin Miranda, Chandler Alba
Siddhart Somasundaram
Gina Huh, Sarah M. Lee, Alison Tang
Tiffany Lee, Shreya Shantharaj

Freeze Frames

Quotable Corner

"We don't develop courage by being happy every day. We develop it by surviving difficult times and challenging adversity."

- Barbara de Angelisy

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

CERRITOS DISTANCE: THE FLIP SIDE

Cross Country Camp & Trip Information

ABC District

The District Championships has been rescheduled to thi Tuesday at Cerritos Regional Park on the city course, which begins near the tennis courts! We will be released at 1pm and meet at the gates by 1:15pm! If you plan on driving, please bring a note from your parents.

3:00pm - BFS
3:25pm - Girls Varsity
4:00pm - Boys Varsity
4:30pm - Boys Jr. Varsity
4:40pm - Girls Jr. Varsity
5:30pm - Awards

Due to weather, please plan on delays due to the heat.

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). If you have not turned in your reservation fee, do so ASAP! Please plan on turning in your balances this week!

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
9/14 - Pieology, 5:30-9pm
9/15 - ABC District Championships, 3pm
9/17-20 - Oregon - Thee Course Challenge
9/25 - Potluck at the Chu's. 6p

Athletes MUST have a stamped blue card in order to attend all future meets! Athletes that do not will not be allowed to compete and will receive a deduction in their grade!

Billy York Invitational - 9/26
The Dons will compete at the NEW CIF PRELIMS Course in Riverside!

5:30am - Bus Departs (Bloomfield)
8:00am - Varsity Boys (Large)
8:20am - Varsity Boys (Small)
8:40am - Varsity Girls (Large)
10:00am - JV Boys
10:20am - JV Girls
10:40am - F/S Boys
11:00am - F/S Girls
12:45pm - Return to CHS

*We have not been slotted into a division yet. Once we do, the schedule above will be updated. It tends to get warm in Riverside, please hydrate and prepare! The drive can be long, thus, we are leaving early and may take some time to return.

Qualifying Standards
I. Standard A Times
II. Academic (3.0) or Improvement
III. Citizenship
IV. Mammoth Camp
V. Fundraising ($100)
VI. Community Service/Volunteer (10 hours)

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

Final Oregon Team
Karenina Alfaro
Aaron Alvarado
Bea Castrence
JiWoo Choi
Marie Chu
Bill Chuang
Jacob Chung
Nathan Edwards
Wesley Furukido
Aldy Hong
Derek Huang
Gina Huh
Brianna Katsuda
Kayla Katsuda
Christie Kim
Derick Kwon
Genevieve Le
Eunice Lee
Sarah Liang
Catherine Lin
Amita Muralidharan
Erika Navarro
Melissa Oshiro
Robin Park
Jaineel Patel
Vraj Patel
George Sandoval
Nathan Tran
Allice Yang
Derrick Yang
Alex Yao

Please verify that your name is on this list. We have booked tickets based on this list, however, the above is not your official name that is listed.

All athletes that are on the Oregon team should submitted suggestions for what they hope to do while on the trip! Suggestions will be taken until September 7th! Visit the new Facebook page to join in on the conversation!

New Athlete Recruitment
While this is the last week of recruiting new athletes, if you happen to recruit five new athletes who complete option 1 and put your name as the reference, you will receive a $75 discount on shoes at Roadrunners on our next trip! They cannot be returning athletes or athletes already on our team new this year who are on our roster or who joined this summer. Athletes who list multiple names will be divided by the number of people.

Clothing Sale
Due to time constraints, we will not be doing an Asics clothing sale, however, we will be doing an in-team sale over the next week or so which will include items such as:

Sweatshirts
Sweatpants
Polos
Tanks
Ohana T-shirt
& More!!!

More information will be coming soon to Facebook and our website! Don't miss out!

Adoptions
We need to complete adoptions! If you are not adopted or have not adopted someone, we will be competing adoptions this week! Please be on the lookout for someone to adopt or for someone to adopt you! Let's grow our family tree and try to make it as strong as possible! Let's do this!

THE INSIDER

THE COLUMN "ALL IN THE HIPS"

THE COLUMN: ALL IN THE HIPS

What is one area that I need to focus on to help me run faster and stay healthier?

We will soon be posting a few exercises that you can do to focus on a very important area that some people don't pay as much attention to as they should: the hips, hamstrings, and glutes.

There are already a few articles that are on the cross country facebook that address these areas and often times, these are areas that are often overlooked - the hips, the hamstrings and glutes.

Often times with injuries athletes say that a certain area of their body hurts, however, the cause of that pain is now always the place where the pain resides. They also fail to realize that in order to avoid certain injuries, you must also work on areas that are not in the areas that you want to try to avoid injury. Working on these areas can also help with a number of the imbalances that exist within your body that also can cause injury.

The core has always been the focus for runners, but strengthening the hips, hamstrings, and glutes will do a number of things. For one, it will stabilize your body and can help correct your form. Doing so can help you avoid or reduce injuries from the hips all the way down to your feet. Don't believe me? Read the articles posted over the weekend regarding these issues. They will truly show you the importance of it.

Over the summer, Bill Chuang attending a collegiate running camp and John Hopkins, one of their focus areas that we need to address was the strengthing of the hips, hamstrings and glutes.

When going into the weight room, the upper body work may help, the core strength will, and even the leg press and calf raisers are important, however, if you look at it all, we're missing the three groups were discussing today, as many people see the hamstring machine and these new exercises as important, whereas they can not only help with injuries but also improve your strength, your stride, your turnover and the power in every step you take. What does this mean? Faster times of course.

Does this mean focus all of your attention here? Of course not. However just like with healthy eating and living, it is vital that you balance what you are doing. Don't just focus on one or two areas, but be sure that your strengthening focuses on all areas of your body.

Use the internet to your advantage and stay on trusted sites such as runners world to help find new exercises you can do in the comfort of your own home to get healthier and also to get stronger today!

Website Information
www.cerritosxc.com
cerritos
mustard (NEW!!!)

		GR	RS15	CONV	1st	2nd	3rd	3MPC	+/-	3MP15	+/-	COW15	+/-	RS14	+/-	LH13	SH12
F	Katsuda, Brianna	10	19:54	20:30	6:24	6:59	6:31	19:45	0:45	20:39	0:08	20:39	0:08	21:04	1:10		
F	Oshiro, Melissa	11	21:54	22:34	6:50	7:41	7:23	20:44	1:50	23:39	1:04	23:39	1:04	21:50	0:04	22:09	
F	Vitug, Cailey	11	22:03	22:43	6:50	7:53	7:20	-		-							
F	Sato, Laura	10	22:04	22:44	7:11	7:36	7:17	22:51	0:06	22:51	0:06	22:51	0:06				
F	Chu, Marie	10	22:04	22:44	7:03	7:44	7:18	22:30	0:14	22:30	0:14	22:30	0:14	23:31	1:27		
F	Kim, Christie	11	22:10	22:51	7:01	7:45	7:34	22:59	0:07	22:59	0:07	22:59	0:07	23:51	1:41		
F	Yamachika, Kristi	10	22:12	22:53	7:12	7:35	7:25	21:40	1:13	22:39	0:14	22:39	0:14	23:53	1:41		
F	Castrence, Bea	11	22:36	23:17	7:03	8:01	7:32	23:22	0:04	23:22	0:04	23:22	0:04				
F	Huh, Gina	11	22:40	23:22	7:02	8:02	7:36	23:36	0:13	23:36	0:13	23:36	0:13				
F	Lee, Claire	9	23:23	0:06	7:23	8:20	7:40	24:39	0:32	24:39	0:32	24:39	0:32				
F	Lee, Eunice	11	23:29	0:12	7:12	8:17	8:00	23:14	0:58	24:41	0:28	24:41	0:28	23:33	0:04	26:44	
F	Yang, Allice	11	25:03	1:49	7:36	8:57	7:30	24:53	0:56	25:18	0:31	25:18	0:31	25:21	0:18		
F	Sancheti, Akanksha	11	25:04	1:50	7:41	8:52	7:31	24:17	1:33	26:43	0:52	26:43	0:52			28:00	
F	Hayakawa, Allyson	10	25:39	2:26	7:59	9:18	8:20	26:52	0:25	26:52	0:25	26:52	0:25				
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F	Kuo, Yvonne	9	26:12	3:00	7:58	9:14	9:00	26:20	0:40	26:20	0:40	26:20	0:40				
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F	Tang, Alison	10	26:56	3:45	7:59	9:45	9:12	28:13	0:27	28:13	0:27	28:13	0:27				
F	Fujihiro, Lindsay	9	26:59	3:49	8:38	9:46	8:35	27:41	0:08	27:41	0:08	27:41	0:08				
F	Gomez, Patricia	9	27:20	4:10	8:12	9:27	9:41	-		-							
F	Macatuno, Peighton	10	27:26	4:16	8:24	9:46	8:46	28:43	#####	28:43	#####	28:43	0:26	29:56	2:30		
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F	Zaman, Jocelyn	10	27:41	4:32	8:24	9:54	9:23	27:37	0:55	27:37	0:55	27:37	0:55				
F	Patel, Ami	9	27:45	4:36	7:58	9:41	10:06	25:56	2:40	25:56	2:40	25:56	2:40				
F	Hantragoon, Cindy	9	28:17	5:09	8:38	10:00	9:39	27:12	1:57	27:12	1:57	27:12	1:57				
F	Lee, Tiffany	10	28:30	5:22	8:30	10:09	9:51	25:51	3:31	30:29	1:06	30:29	1:06	28:56	0:26		
F	Shantharaj, Shreya	10	29:00	5:53	8:36	10:18	10:06	30:30	0:36	30:30	0:36	30:30	0:36				
F	Ono, Jenna	9	30:08	7:03	9:04	10:53	10:11	30:55	0:08	30:55	0:08	30:55	0:08				
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F	Cruz, Christina	10	30:40	7:36	9:00	11:28	10:!2	30:26	1:10	32:08	0:31	32:08	0:31	39:22	8:42		
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F	Luo, Luxue	9	31:23	8:21	8:52	12:11	10:20	-		-							
F	Esipritu-Santo, Kimberly	10	31:30	8:28	9:08	11:39	10:43	28:16	4:12	-							
F	Abad, Amanda	12	INJ					27:45		-				27:19			
F	Alfaro, Karenina	12	CAN					22:11		23:06		23:06					
F	Delvadia, Rashmi	12	CAN					25:02		-				26:19		27:49	32:39
F	Hantragoon, Narissa	12	CAN					26:14		26:14		26:14					
F	Jung, Ivy	12	CAN					27:38		27:38		27:38					
F	Katsuda, Kayla	12	CAN					20:20		21:15		21:15		21:30			
F	Liang, Sarah	12	CAN					26:03		-				32:32			
F	Lin, Catherine	12	CAN					19:26		22:03		22:03		20:25		21:13	
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F	Patel, Shruti	12	CAN					26:27		-				26:44		28:20	32:44
F	Ruelas, Jeanette	12	CAN					-		-							
F	Takeda, Yuu	12	CAN					24:52		-				25:27		30:16	31:50
F	Thapa, Amira	12	CAN					26:58		-				29:14		29:04	
F	Vasquez, Isabella	12	CAN					22:09		23:08		23:08					

		GR	RS15	CONV	1st	2nd	3rd	3MPC	+/-	3MP15	+/-	COW15	+/-	RS14	+/-	LH13	SH12
M	Chuang, Bill	11	15:47	16:16	4:52	5:33	5:22	15:27	0:49	15:54	0:22	15:54	0:22	15:31	0:16	17:18	
M	Patel, Jaineel	10	16:05	16:34	5:07	5:35	5:23	16:51	0:16	16:51	0:16	16:51	0:16	17:08	1:03		
M	Yao, Alex	11	17:39	18:11	5:32	6:11	5:56	17:41	0:30	18:50	0:38	18:50	0:38				
M	Ramos, Emmanuel	11	18:19	18:52	5:29	6:35	6:15	17:05	1:47	18:34	0:18	18:34	0:18				
M	Choi, Ji Woo	11	18:21	18:55	5:46	6:29	6:06	18:07	0:48	19:18	0:22	19:18	0:22	19:02	0:41	20:38	
M	Amaro, Mario	10	18:25	18:59	5:27	6:40	6:18	-		-							
M	Patel, Vraj	10	18:53	19:28	5:59	6:46	6:08	19:05	0:23	19:05	0:23	19:05	0:23				
M	Yang, Derrick	11	18:58	19:33	5:38	6:55	6:25	17:25	2:08	19:00	0:33	19:00	0:33	17:40	1:18	20:02	
M	Luciano, Meynard	10	19:00	19:35	5:59	6:36	6:25	20:01	0:25	20:01	0:25	20:01	0:25	20:51	1:51		
M	Huang, Derek	11	19:36	20:12	5:54	7:08	6:34	18:37	1:35	19:44	0:28	19:44	0:28	19:19	0:17	21:45	
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M	Alba, Chandler	10	21:11	21:50	6:40	7:58	6:33	22:23	0:32	22:23	0:32	22:23	0:32				

M	Fu, Aaron	9	21:22	22:01	6:44	7:32	7:06	-		-							
M	Yamachika, Ryan	9	21:24	22:03	6:39	7:37	7:08	20:33	1:30	20:33	1:30	20:33	1:30				
M	Kim, Isaiah	10	21:33	22:12	6:33	8:05	6:55	-		-							
M	Alba, Francis	10	22:10	22:51	6:55	7:53	7:22	22:12	0:39	22:12	0:39	22:12	0:39				
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M	Sok, Kimse	11	26:04	2:52	7:40	9:23	9:01	24:05	2:47	26:56	0:03	26:56	0:03	23:55	2:09		
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M	Carrillo, Cody	9	27:09	3:59	7:54	9:53	9:22	-		-							
M	Santos, Jed	9	36:55	14:03				-		-							
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M	Arrington, Kenneth	12	CAN					20:24		20:24		20:24					
M	Chavez, Isaiah	10	DNR					22:28		22:28		22:28					
M	Edward, Nathan	12	CAN					17:49		18:13		18:13					19:05
M	Furukido, Wesley	12	CAN					19:56		23:34		23:34		20:13		18:40	19:29
M	Gonzales, Michael	12	CAN					19:57		19:57		19:57					
M	Hong, Aldy	12	CAN					18:50		21:31		21:31		19:16		22:01	
M	Kwon, Derick	12	CAN					17:30		17:30		17:30					21:13
M	Lee, Bryan	12	CAN					21:06		-				22:09			
M	Manuel, Ryan Jay	11	?					19:55		-				22:14		27:01	
M	Ortiz, Giancarlo	12	CAN					19:00		-				19:14			
M	Quarles, Jacob	12	CAN					20:21		20:21		20:21		26:40			
M	Samortin, Matthew	9	FAM					23:10		23:10		23:10					
M	Sandoval, George	12	CAN					19:11		20:40		20:40		20:06		20:55	22:44
M	Sato, Kevin	12	CAN					19:18		19:18		19:18					
M	Skube, Luc	9	VAC					-		-							
M	Soh, Min Woo	12	CAN					21:53		-							
M	Sy, Aaron	11	?					18:59		-				20:12			
M	Tai, Nicholas	12	CAN					17:06		17:31		17:31		17:50		19:03	19:57
M	Tenzas, Lucas	9	FAM					22:05		22:05		22:05					
M	Thomson, Michael	12	CIF					19:16		19:16		19:16					
M	Tran, Eric	12	CAN					21:48		23:33		23:33		21:09			
M	Tran, Nathan	12	CAN					21:40		-							
M	Umpant, Tyler	12	FAM					26:33		26:33		26:33					
M	Villegas, Elino	12	CAN					21:03		-				21:28			

Scoring	1-3	SG	1-7	1-10	Team	Team
Girls Team	2:10	2:09	2:16	3:29	0:41	105:26
Boys Team	1:52	2:34	3:06	3:49	0:45	89:34

	Girls Varsity	RS15	RS14	LH13	SH12	RS11				DIFF
1	Katsuda, Brianna	19:54	20:19	21:05	20:55	19:01				0:25
2	Oshiro, Melissa	21:54	20:25	21:13	21:43	19:57				1:29
5	Vitug, Cailey	22:03	21:50	22:17	22:58	20:50				0:13
3	Sato, Laura	22:04	21:04	22:00	21:54	20:24				1:00
4	Chu, Marie	22:04	21:30	22:09	22:33	20:34				0:34
7	Kim, Christie	22:10	21:50	22:26	23:04	21:26				0:06
6	Yamachika, Kristi	22:12	22:04	23:17	23:18	21:56				0:22
		107:59	105:08	108:44	110:03	100:46				2:51

	Boys Varsity	RS15	RS14	LH13	SH12	RS11				DIFF
1	Chuang, Bill	15:47	15:31	16:22	16:27	16:16				0:16
2	Patel, Jaineel	16:05	15:44	16:33	16:43	16:49				0:21
3	Yao, Alex	17:39	17:08	17:11	17:13	16:58				0:31
4	Ramos, Emmanuel	18:19	17:37	17:18	17:13	17:09				0:42
5	Choi, Ji Woo	18:21	17:40	17:22	17:34	17:12				0:41
6	Amaro, Mario	18:25	17:50	17:26	17:52	17:13				0:35
7	Patel, Vraj	18:53	18:12	17:31	17:53	17:!3				0:41
		86:11	83:40	84:46	85:10	84:24				2:31

* Due to power outage, seniors did not race in 2015.

New Season Personal Records

		GR	RS15	CONV	3MP15	+/-
M	Gardner, Johnny	10	23:04	23:46	28:53	5:06
M	Somasundaram, Siddharth	11	20:43	21:21	23:04	1:42
F	Lee, Tiffany	10	28:30	5:22	30:29	1:06
F	Oshiro, Melissa	11	21:54	22:34	23:39	1:04
M	Dang, Patrick	10	19:49	20:25	21:21	0:55
F	Sancheti, Akanksha	11	25:04	1:50	26:43	0:52
F	Tamaki, Alyxe	9	27:34	4:25	29:13	0:47
F	Lee, Sarah M	10	26:52	3:41	28:27	0:45
M	Yao, Alex	11	17:39	18:11	18:50	0:38
F	Shantharaj, Shreya	10	29:00	5:53	30:30	0:36
M	Alba, Chandler	10	21:11	21:50	22:23	0:32
F	Lee, Claire	9	23:23	0:06	24:39	0:32
F	Cruz, Christina	10	30:40	7:36	32:08	0:31
F	Lee, Eunice	11	23:29	0:12	24:41	0:28
F	Tang, Alison	10	26:56	3:45	28:13	0:27
M	Luciano, Meynard	10	19:00	19:35	20:01	0:25
F	Hayakawa, Allyson	10	25:39	2:26	26:52	0:25
M	Choi, Ji Woo	11	18:21	18:55	19:18	0:22
M	Chung, Jacob	10	20:06	20:43	21:02	0:18
M	Patel, Jaineel	10	16:05	16:34	16:51	0:16
F	Huh, Gina	11	22:40	23:22	23:36	0:13
F	Katsuda, Brianna	10	19:54	20:30	20:39	0:08
F	Kim, Christie	11	22:10	22:51	22:59	0:07
F	Sato, Laura	10	22:04	22:44	22:51	0:06
F	Castrence, Bea	11	22:36	23:17	23:22	0:04
M	Sok, Kimse	11	26:04	2:52	26:56	0:03

Improvement from Rosemead (2014) to Rosemead (2015)

		GR	RS15	RS14	+/-
F	Cruz, Christina	10	30:40	39:22	8:42
M	Chung, Jacob	10	20:06	23:48	3:42
F	Macatuno, Peighton	10	27:26	29:56	2:30
M	Luciano, Meynard	10	19:00	20:51	1:51
F	Yamachika, Kristi	10	22:12	23:53	1:41
F	Kim, Christie	11	22:10	23:51	1:41
F	Chu, Marie	10	22:04	23:31	1:27
F	Katsuda, Brianna	10	19:54	21:04	1:10
M	Patel, Jaineel	10	16:05	17:08	1:03
F	Park, Robin	10	30:21	31:19	0:58
M	Choi, Ji Woo	11	18:21	19:02	0:41
F	Lee, Tiffany	10	28:30	28:56	0:26
F	Yang, Allice	11	25:03	25:21	0:18
M	Hoang, Anthony	10	20:50	21:05	0:15
M	Luu, Raymond	11	20:43	20:53	0:10
F	Lee, Eunice	11	23:29	23:33	0:04

Improvement from Cow Run (2015) to Rosemead (2015)

		GR	RS15	CONV	COW15	+/-
M	Gardner, Johnny	10	23:04	23:46	28:53	5:06
M	Somasundaram, Siddharth	11	20:43	21:21	23:04	1:42
F	Lee, Tiffany	10	28:30	5:22	30:29	1:06
F	Oshiro, Melissa	11	21:54	22:34	23:39	1:04
M	Dang, Patrick	10	19:49	20:25	21:21	0:55
F	Sancheti, Akanksha	11	25:04	1:50	26:43	0:52
F	Tamaki, Alyxe	9	27:34	4:25	29:13	0:47
F	Lee, Sarah M	10	26:52	3:41	28:27	0:45
M	Yao, Alex	11	17:39	18:11	18:50	0:38
F	Shantharaj, Shreya	10	29:00	5:53	30:30	0:36
M	Alba, Chandler	10	21:11	21:50	22:23	0:32
F	Lee, Claire	9	23:23	0:06	24:39	0:32
F	Cruz, Christina	10	30:40	7:36	32:08	0:31
F	Lee, Eunice	11	23:29	0:12	24:41	0:28
F	Tang, Alison	10	26:56	3:45	28:13	0:27
F	Macatuno, Peighton	10	27:26	4:16	28:43	0:26
M	Luciano, Meynard	10	19:00	19:35	20:01	0:25
F	Hayakawa, Allyson	10	25:39	2:26	26:52	0:25
M	Choi, Ji Woo	11	18:21	18:55	19:18	0:22
M	Chung, Jacob	10	20:06	20:43	21:02	0:18
M	Patel, Jaineel	10	16:05	16:34	16:51	0:16
F	Huh, Gina	11	22:40	23:22	23:36	0:13
F	Katsuda, Brianna	10	19:54	20:30	20:39	0:08
F	Kim, Christie	11	22:10	22:51	22:59	0:07
F	Sato, Laura	10	22:04	22:44	22:51	0:06
F	Castrence, Bea	11	22:36	23:17	23:22	0:04
M	Sok, Kimse	11	26:04	2:52	26:56	0:03

Rosemead Invitational Top 15

Top 15 Females	1	1	F	Magana, Athalia	12	18:39	Rosemead Invitational	2011
	2	2	F	Park, Jennifer	11	19:34	Rosemead Invitational	2011
	3	3	F	Katsuda, Brianna	10	19:54	Rosemead Invitational	2015
	4	4	F	Gavilanes, Monique	10	20:00	Rosemead Invitational	2011
	5	5	F	Kim, Jessica	10	20:10	Rosemead Invitational	2011
	6	6	F	Park, Stacy	12	20:19	Rosemead Invitational	2014
	7	7	F	Lee, Audrey	12	20:25	Rosemead Invitational	2011
	8	8	F	Lin, Catherine	11	20:25	Rosemead Invitational	2014
	9	9	F	Juarez, Ashley	12	21:01	Rosemead Invitational	2011
	10	10	F	Palafox, Rebekah	11	21:03	Rosemead Invitational	2004
	11	11	F	Katsuda, Brianna	9	21:04	Rosemead Invitational	2014
	12	12	F	Joslin, Danielle	11	21:30	Rosemead Invitational	2011
	13	13	F	Katsuda, Kayla	11	21:30	Rosemead Invitational	2014
	14	14	F	Kuan, Stephanie	9	21:36	Rosemead Invitational	2004
	15	15	F	Cortez, Natalie	11	21:39	Rosemead Invitational	2011
Top 15 Males	1	1	M	Chuang, Bill	10	15:31	Rosemead Invitational	2014
	2	2	M	Cortez, Christian	12	15:44	Rosemead Invitational	2014
	3	3	M	Chuang, Bill	11	15:47	Rosemead Invitational	2015
	4	4	M	Tilve, Ganesh	11	15:57	Rosemead Invitational	2011
	5	5	M	Patel, Jaineel	9	16:05	Rosemead Invitational	2015
	6	6	M	Hanna, Mark	11	16:24	Rosemead Invitational	2004
	7	7	M	Baek, Moses	12	16:29	Rosemead Invitational	2004
	8	8	M	Quarles, Joshua	10	16:29	Rosemead Invitational	2011
	9	9	M	Kumar, Preetham	12	16:34	Rosemead Invitational	2004
	10	10	M	Soon, JJ	9	16:38	Rosemead Invitational	2004
	11	11	M	Carranza, Jonathan	10	16:38	Rosemead Invitational	2011
	12	12	M	Yuen, Taylor	11	16:47	Rosemead Invitational	2004
	13	13	M	Shen, Andrew	12	16:49	Rosemead Invitational	2011
	14	14	M	Yoon, Andrew	11	16:51	Rosemead Invitational	2004
	15	15	M	Tran, Mike	12	16:52	Rosemead Invitational	2011

Rosemead Invitational Top 10 by Grade - Girls

		G	Name	GR	Total	Course	Date
Top 10 Fresmen Girls	1	F	Palafox, Rebekah	9	21:03	Rosemead Invitational	2004
	2	F	Katsuda, Brianna	9	21:04	Rosemead Invitational	2014
	3	F	Kuan, Stephanie	9	21:36	Rosemead Invitational	2004
	4	F	Castellanos, Marina	9	22:04	Rosemead Invitational	2014
	5	F	Movchan, Alyssa	9	22:21	Rosemead Invitational	2011
	6	F	Pliss, Melissa	9	22:24	Rosemead Invitational	2004
	7	F	Chu, Marie	9	23:31	Rosemead Invitational	2014
	8	F	Lee, Claire	9	23:23	Rosemead Invitational	2015
	9	F	Yamachika, Kristi	9	23:53	Rosemead Invitational	2014
	10	F	Chu, Megan	9	25:00	Rosemead Invitational	2011
Top 10 Sophomore Girls	1	F	Katsuda, Brianna	10	19:54	Rosemead Invitational	2015
	2	F	Gavilanes, Monique	10	20:00	Rosemead Invitational	2011
	3	F	Kim, Jessica	10	20:10	Rosemead Invitational	2011
	4	F	Oshiro, Melissa	10	21:50	Rosemead Invitational	2014
	5	F	Sato, Laura	10	22:04	Rosemead Invitational	2015
	6	F	Chu, Marie	10	22:04	Rosemead Invitational	2015
	7	F	Yamachika, Kristi	10	22:12	Rosemead Invitational	2015
	8	F	Magallanes, Ana	10	22:50	Rosemead Invitational	2011
	9	F	Liu, Charissa	10	23:14	Rosemead Invitational	2011
	10	F	Hwang, Jennifer	10	23:17	Rosemead Invitational	2011
Top 10 Junior Girls	1	F	Park, Jennifer	11	19:34	Rosemead Invitational	2011
	2	F	Katsuda, Kayla	11	21:30	Rosemead Invitational	2014
	3	F	Cortez, Natalie	11	21:39	Rosemead Invitational	2011
	4	F	Trias, Keilani	11	21:43	Rosemead Invitational	2011
	5	F	Armas, Jasmine	11	21:54	Rosemead Invitational	2011
	6	F	Oshiro, Melissa	11	21:54	Rosemead Invitational	2015
	7	F	Vitug, Cailey	11	22:03	Rosemead Invitational	2015
	8	F	Kim, Christie	11	22:10	Rosemead Invitational	2015
	9	F	Gonzalez, Jeimy	11	22:16	Rosemead Invitational	2014
	10	F	Castrence, Bea	11	22:36	Rosemead Invitational	2015
Top 10 Senior Girls	1	F	Magana, Athalia	12	18:39	Rosemead Invitational	2011
	2	F	Park, Stacy	12	20:19	Rosemead Invitational	2014
	3	F	Lee, Audrey	12	20:25	Rosemead Invitational	2011
	4	F	Juarez, Ashley	12	21:01	Rosemead Invitational	2011
	5	F	Chu, Megan	12	21:50	Rosemead Invitational	2014
	6	F	Oshiro, Jessica	12	22:10	Rosemead Invitational	2014
	7	F	Muralidharan, Revathi	12	22:23	Rosemead Invitational	2011
	8	F	Hwang, Aprille	12	22:24	Rosemead Invitational	2011
	9	F	Lopez, Breana	12	22:37	Rosemead Invitational	2014
	10	F	Park, Deborah	12	22:42	Rosemead Invitational	2014

Rosemead Invitational Top 10 by Grade - Boys

		G	Name	GR	Total	Course	Date
Top 10 Fresmen Boys	1	M	Soon, JJ	9	16:38	Rosemead Invitational	2004
	2	M	Patel, Jaineel	9	17:08	Rosemead Invitational	2014
	3	M	Lavadores, Markus	9	18:22	Rosemead Invitational	2011
	4	M	Palafox, Brandon	9	18:31	Rosemead Invitational	2014
	5	M	Kim, Andrew	9	19:12	Rosemead Invitational	2011
	6	M	Cortez, Christian	9	19:46	Rosemead Invitational	2011
	7	M	Welke, Donald	9	19:59	Rosemead Invitational	2004
	8	M	Bither, Conner	9	20:08	Rosemead Invitational	2014
	9	M	Chu, Bryan	9	20:29	Rosemead Invitational	2014
	10	M	Miranda, Justin	9	20:29	Rosemead Invitational	2015
Top 10 Sophomore Boys	1	M	Chuang, Bill	10	15:31	Rosemead Invitational	2014
	2	M	Patel, Jaineel	10	16:05	Rosemead Invitational	2015
	3	M	Quarles, Joshua	10	16:29	Rosemead Invitational	2011
	4	M	Carranza, Jonathan	10	16:38	Rosemead Invitational	2011
	5	M	Patel, Shrineel	10	16:53	Rosemead Invitational	2011
	6	M	Anene, Samuel	10	17:01	Rosemead Invitational	2004
	7	M	Batres, Benjamin	10	17:35	Rosemead Invitational	2011
	8	M	Lee, Kenny	10	17:37	Rosemead Invitational	2004
	9	M	Yang, Derrick	10	17:40	Rosemead Invitational	2014
	10	M	Kim, Isaac	10	18:10	Rosemead Invitational	2011
Top 10 Junior Boys	1	M	Chuang, Bill	11	15:47	Rosemead Invitational	2015
	2	M	Tilve, Ganesh	11	15:57	Rosemead Invitational	2011
	3	M	Hanna, Mark	11	16:24	Rosemead Invitational	2004
	4	M	Yuen, Taylor	11	16:47	Rosemead Invitational	2004
	5	M	Yoon, Andrew	11	16:51	Rosemead Invitational	2004
	6	M	Lim, Raymond	11	17:19	Rosemead Invitational	2011
	7	M	Tse, Jonathan	11	17:28	Rosemead Invitational	2004
	8	M	Alvarado, Aaron	11	17:37	Rosemead Invitational	2014
	9	M	Yao, Alex	11	17:39	Rosemead Invitational	2015
	10	M	Tai, Nicholas	11	17:50	Rosemead Invitational	2014
Top 10 Senior Boys	1	M	Cortez, Christian	12	15:44	Rosemead Invitational	2014
	2	M	Baek, Moses	12	16:29	Rosemead Invitational	2004
	3	M	Kumar, Preetham	12	16:34	Rosemead Invitational	2004
	4	M	Shen, Andrew	12	16:49	Rosemead Invitational	2011
	5	M	Tran, Mike	12	16:52	Rosemead Invitational	2011
	6	M	Chiang, Ian	12	16:53	Rosemead Invitational	2011
	7	M	Moon, Sam	12	17:17	Rosemead Invitational	2004
	8	M	Huang, Kelvin	12	17:26	Rosemead Invitational	2011
	9	M	Vongphanichith, Timothy	12	17:42	Rosemead Invitational	2011
	10	M	Hugh, Michael	12	18:12	Rosemead Invitational	2014